



# QUINOA SMOOTHIE

SERVES: 2-3



## INGREDIENTS

- 250g Asiago Smoothie Strawberry & Raspberry
- 200ml milk
- 100g Hanini Yogurt Natural
- 1 banana
- 100g Tipiak Quinoa
- 1 tsp Steens Manuka honey



## METHOD

1. Cook the Quinoa by inserting the boil-in-bag into boiling water. Cook over high heat for 15 min. Remove the bag from water and leave to drain.
2. Put all the ingredients into a blender and blitz until smooth.
3. Add more or less honey depending on how sweet you like your smoothie to be.