

## CUCUMBER BERRY BLENDER

08

- GF, NF, VG, VN, PA, SF, RF, EF

## INGREDIENTS

- 1 Large cucumber, peeled, seeded
- 3/2c plain Greek yoghurt
- 1 1/2 cup frozen blueberries
- 2 tbsp. honey
- 1 tbsp. lemon juice

SERVES 2

## NUTRITION INFO

CALORIES

232

TOTAL FAT

5.2g

SAT. FAT

3.2g

SODIUM

89mg

TOTAL CARBS

42.3g

FIBRE

3.5g

SUGARS

41.5g

PROTIEN

4.1g

## METHOD

1

Combine all ingredients in blender and blend until smooth.