

Recept geschikt voor: 1 personen | **Moeilijkheid:**
Voorbereidingstijd: 5 min | **Bereidingstijd:** 5 min | **Totale bereiding:** 10 min

Bertyn producten: Veggie Protein Bloc - Natur Veggie Protein Steak - Natur

Bron: bertyn.eu | Chef: Stefano Vicinoadio | © Stefano Vicinoadio

Protein superfood shake with seitan, plums and camu camu

Ingrediënten

- 200 mL Filtered water
- 200 g Veggie Protein Bloc – Natur or Veggie Protein Steak – Natur
- 2 Dates
- 150-200 g Frozen plums (with the stones removed)
- 1 tsp Dried mulberries
- 1 tsp Camu camu powder
- 1 generous pinch Cinnamon

Bereiding

This plum smoothie is best made in a blender. If a blender is not available, a food processor will also work.

1. Place all ingredients in the blender and purée for approximately 1 minute and 50 seconds.
2. Pour the smoothie into a sieve and leave to drip through, then serve this delicious wild plum smoothie in a chilled glass.