



Fitness-vitamin drink

Ingredients (four servings):

- 21,16 oz (600g) cucumber
- 10,06 oz cream cheese yoghurt (300g). We recommend 2 kegs Almonta Yogurt
- 2 tbsp. (2EL) limes juice
- 13,52 fl oz (400ml) buttermilk
- 8 sheets lemon balm
- fresh chopped pepper
- chili powder

Preparation:

- Wash the cucumber and halve the cucumber lengthways.
- Remove the seeds with a teasspoon
- Cut the cucumber in pieces and put them together with Almonta Yogurt, limes juice, butter milk and the sheets lemon balm into a blender.
- Now mash it fine.
- Serving it together with chili powder and pepper.

Nutrition facts (per serving):

- calories: 839 kJ / 200 kcal
- proteins: 9,7 g
- fat: 13g
- carbohydrates: 11g

