

Strawberry, Meringue, Crème Fraîche

Get your “fraîche” with this tasty drink

INGREDIENTS

1 1/2 – 2 Scoops (19.8 – 26.4 g) Daily BioBasics

10 oz (300 ml) Nonfat Milk

4 – 5 Strawberries

3 Tsp Crème Fraîche

1 Tbsp of Crunched Meringue and 1 for decoration

DIRECTIONS

Mix together in blender.



Life Plus European Office