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Potawatomi Indian protein shake with wheat germ, coconut flour, chokeberry, camu camu and pomegranate

Ingrediënten

- 200 mL Filtered water
- 2-3 tbsp Coconut flour or wheat germ (from Amanprana)
- 100 g Frozen gooseberries
- 4 Dates
- 1 tbsp Chokeberry juice
- 3 tbsp Pomegranate syrup
- ½ tsp Camu camu powder

Extra info

Recept geschikt voor:

1 stuks

Moeilijkheid:

Vorbereidingstijd:

minuten

Bereidingstijd:

5 minuten

Totale bereiding:

5 minuten

Gebruikte producten

De **Amanprana producten** die gebruikt zijn bij het maken van potawatomi indian protein shake with wheat germ, coconut flour, chokeberry, camu camu and pomegranate

Bereiding

Place all ingredients in a high-speed blender and purée for approximately 1 minute and 50 seconds. Pour the smoothie into a sieve and leave to drip through. Then serve this delicious super-smoothie - and enjoy!

Speciale wensen

- [Vegetarian](#)
- [Vegan](#)