

# Smoothies with flaxseed oil

Ingredients required for 2 persons

**Preparation time** 10 minutes

**Difficulty** easy

## Ingredients

### For the smoothie

- 2 EL flaxseed oil
- 2 TL rosehip powder
- 150 ml almond milk
- 1 banana
- 60 g strawberries

### As topping

- 30 g pineapple
- 20 g granola
- 1 half of a banana
- 1 apple



## Preparation

Put the ingredients for the smoothie in a blender and mix until smooth. If the smoothie is too thick add almond milk or water. Serve in glasses and garnish with some unsweetend yogurt, half a banana, apple slices or granola.

## By the way

Garnish your smoothie to match your individual taste. You can also use raspberries, papaya, mango or other fruits and berries instead of strawberries and bananas.