

Fruity berry frappe

Serves: 2

Prep time: 5 mins

Cooking time: 0 mins



Ingredients

2 cups frozen mixed berries
225g can pineapple in juice,
undrained
1 cup water
¼ cup mint (optional)

Step 1:

Place all ingredients in a blender and blend until smooth.

Step 2:

Divide between 2 glasses and serve.

Reduce waste tip:

Freeze leftover frappe in ice cream moulds for a healthier ice block.

For this recipe and more visit:
healthymadetasty.com.au



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