Pomì
O Così. O Pomì.

Tomato, banana, apple and lemon smoothie

Preparation time: 10 min
Difficulty: Easy

Ingredients

- Apples: 4
- Bananas: 4
- Cane Sugar: 1 Tablespoon
- Lemon juice: frome one big lemon
- Nutmeg: 1 (grated)
- Soy milk: 100 ml

Preparation

1. Clean all the ingredients and blend them with an electric mixer, gaining a very smooth liquid.
2. Pour in 4 nice glasses and serve.

For this recipe we used:

Tomato Juice 200 ml