



Walnut and strawberry smoothie

Ingredients (serves 1)

200 g strawberries

1/2 kiwi

150 g milk, yoghurt, or ricotta
(lactose-free in case of intolerance)

20 g walnuts

2 Marie biscuits (similar to rich tea biscuits)

Star anise

Method

1. Infuse the star anise in the milk and leave to cool. If using yoghurt or ricotta cheese, infuse the star anise with 30 ml of water, and add it to the smoothie.

2. Clean the strawberries and peel the kiwi. Cut into large chunks.

3. Crush the hazelnuts and biscuits with a mortar and pestle (or similar) until they form a paste.

4. Blend all the ingredients to a thick but homogeneous smoothie.

Recommendations

The final texture can be modified by increasing or decreasing the amount of liquid.