

# Plum Smoothie



## **Ingredients**

4 large plums (stone removed and cut into ¼'s - place in a plastic bag and freeze for 2 hours minimum)

4 tbsp natural yoghurt

600 ml almond milk (or your preferred milk)

1 tbsp flax seeds

1 tbsp grated ginger

## **Method:**

1. Place the frozen plums into a blender, along with the other ingredients and blend until all combined and creamy
2. Pour equally into 4 chilled glasses and serve immediately.