



Nutrition and  
Dietetics

# Apple Smoothie

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thewaitingroom.  
karger.com

## Ingredients

Yields 2 servings  
of 200 ml

150 g apple or  
fresh mango  
250 g buttermilk  
or natural yogurt

## Preparation

Purée apple or mango and mix with buttermilk or natural yogurt.

## The Most Important Questions about Milk Consumption

> [thewaitingroom.karger.com/tell-me-about/the-most-important-questions-about-milk-consumption/](https://thewaitingroom.karger.com/tell-me-about/the-most-important-questions-about-milk-consumption/)

Foto: Nadja Lenherr