

# Blueberry Raspberry Shake

with added blueberries

**181**  
kcal

121 kcal Nupo Diet  
+ ca. 60 kcal



**1 portion** Diet Blueberry Raspberry Shake.

**95 gram berries.**

– Example: Use frozen blueberries.

1. Please follow the instructions on the sachet.
2. Add frozen or fresh berries, for example blueberries.
3. Mix your shake with ice cubes in a blender and let it sit for a few minutes.

# Mango Vanilla Shake

with added berries and skimmed milk

**180**  
kcal

120 kcal Nupo Diet  
+ ca. 60 kcal



**1 portion** Diet Mango Vanilla Shake.

**100 ml skimmed milk.**

**50 gram berries.**

– Example: Use frozen Mango and/or pineapple.

1. Please follow the instructions on the sachet.
2. Add skimmed milk.
3. Add frozen or fresh berries for example mango or pineapple.
4. Mix your shake with ice cubes in a blender and let it sit for a few minutes.



# Strawberry Shake

with added skyr (or non-fat Greek yoghurt) and berries

**241**  
kcal

121 kcal Nupo Diet  
+ ca. 120 kcal



**1 portion** Diet Strawberry Shake.

**90 gram skyr** (or non-fat Greek yoghurt) with strawberry or other berry taste / 6 tbsp.

**25 gram berries.**

– Example: Use frozen strawberries / 2 large pieces.

1. Please follow the instructions on the sachet.
2. Add skyr or non-fat Greek yoghurt, for example with strawberry flavour.
3. Add frozen or fresh berries.
4. Mix your shake with ice cubes in a blender and let it sit for a few minutes.