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Serving: 1 Veg

Ingredients

- -100 ml chilled water
- -100 grams greek yoghurt
- -Freshly grated peel from 1 small organic orange (only the orange-colored part)
- -1/2 teaspoon freshly grated organic ginger
- -3-4 stevia drops

Preparation Method

- -Place all ingredients in a blender jar.
- -Blend until smooth and frothy.
- -Serve immediately over ice cubes.