fortified Savoury Bloody Mary - makes 1 serving

Offer 2 x 230ml Serving each day to those who do not like or tolerate milky drinks

Ingredients

- 100ml tomato passata sauce
- 100ml lemonade (avoid diet or sugar free versions)
- 1 tsp beef or yeast extract
- 15g or 1 heaped tablespoon dried milk powder
- 2 tablespoons of sunflower or vegetable oil
- Worcestershire sauce and black pepper to season



Directions

Put dried milk powder, beef/yeast extract and oil in a blender, blending to a smooth paste. Gradually add in the tomato passata sauce, blending until smooth, followed by the lemonade. Season to taste. Garnish with a slice of lemon (optional).

Per serving (approx 230ml)
320 Calories 8.5g Protein

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