



Recipes

Juices/Teas

Fruit Nut Smoothie

Prep Time: 5 minutes

Cooking Time: None

Yield: 2 servings

Ingredients:

- 1 banana
- 1 cup berries
- 1 cup melon
- 1 cup soy or rice milk
- 1/4 cup almonds

Directions:

1. Mix all ingredients in blender and serve.

Variations:

You can add other ingredients for added nutrition such as a spoon full of bee pollen, coconut oil, flax seed oil or spirulina powder.