

SUPER SMOOTHIES!

1) SWEET SUNRISE

1 Orange
1 cup Frozen Pineapple or Fresh
Mint leaf (optional)
Red Food Colouring
Blender
Orange Juice Squeezer
Water
Ice Cubes
Glass

Juice the orange using an orange squeezer or juicer
Put it in the blender
Add the pineapple. Using frozen will make it more like a thicker smoothie
Add the mint leaf if you like mint.
Blend.
Drop a drop of red food colouring into the bottom of the glass.
Pop in the ice cubes
Pour in the juice. Garnish with a mint leaf, slice of orange on the side of the glass or a party umbrella 😊

2) BREAKFAST SMOOTHIE

¼ Cup Oats
1 cup Milk of choice (dairy, almond, rice, soy)
1 Tablespoon of Honey
1 Frozen Banana
Sprinkle of Cinnamon
2 drops of Vanilla Essence

Blend together to create a delicious smoothie. Add more milk to favourite consistency.

3) BERRY-NICE

½ Cup Frozen Raspberries
1 Frozen Banana
1 Cup Milk of Choice (dairy, almond, rice, soy)
1 Tablespoon Peanut Butter

Blend together and add more milk to favourite consistency. Can be used as a sorbet with less milk.