



RECIPE NAME: Smoothie

FROM THE KITCHEN OF: Edi Cornelius-Grosskopf '75

INGREDIENTS:

About a cup of almond milk or your choice of liquid
One small bag of frozen fruit and/or berries
A couple of handfuls of fresh greens
One banana
About a tablespoon of honey

INSTRUCTIONS:

Blend all ingredients in a blender until completely smooth. You may add other healthy foods like chia seeds, yogurt, rolled oats etc.
You may also add sparkling water or juice

