



Creative Juices
Consulting

24 Hours of Booty 2015

Cherry Cinnamon Blast

2 cups frozen cherries
1 cup frozen pineapple
1 handful kale
1 slice yellow summer squash
1 wedge lemon, peeling & seeds removed
1 small cucumber
8 oz coconut water
1 TBSP agave nectar
Dash cinnamon
Ice

Place all of the ingredients in VitaMix. Start on a low speed and increase to high. Blend until smooth. Enjoy!

Tip: More coconut water can be added for desired consistency.