



Creative Juices
Consulting

24 Hours of Booty 2015

Citrus Blast

1/4 lemon, peeling & seeds removed
1/4 lime
1/4 orange with pith, peeling removed
1 slice yellow squash
1 banana
8 oz apple juice
1 TBSP honey
1 1/2 cups frozen pineapple
3 sprigs mint
Ice

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