



Creative Juices
Consulting

24 Hours of Booty 2014

Dain's Strawberry Delight

16 ounce bag of frozen organic strawberries
¼ cup unsweetened almond milk
16 ounces sweetened vanilla coconut milk
½ organic lemon yellow squash (or summer squash)
3 Tbsp local honey
Ice

Place all ingredients in VitaMix® and blend until smooth. This recipe was developed just after returning home from 24 Hours of Booty by my 10 year old son Dain. Dain was very excited to see the VitaMix® return home. He has always loved a strawberry smoothie but this one has a healthy addition of summer squash.