



Creative Juices  
Consulting

## **24 Hours of Booty 2015**

### **Garden Sunshine Smoothie**

**2 cups frozen mango**  
**1 wedge lime with peel**  
**1 slice yellow summer squash**  
**1 small cucumber**  
**4 leaves mint**  
**1 TBSP honey**  
**1 chunk crystalized ginger**  
**8 oz orange juice**  
**6 oz coconut water**  
**Ice**

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