



Creative Juices  
Consulting

## **Maggie's Basil Booty Smoothie (24 Hours of Booty original recipe)**

**6 oz coconut water**

**1 handful Kale**

**1 ½ cup frozen pineapple (or mixed fruit peach, mango, pineapple, strawberry)**

**½ apple**

**1 TBSP agave nectar (or honey)**

**4 fresh basil leaves**

**1 cup green grapes**

**1 ½ cups Ice**

### **Instructions:**

**Place all ingredients in Vita-Mix in order listed. Select variable speed 1. Turn on machine and quickly increase speed to 10 then turn to high. Run for 1 minute or until smooth.**

**Maggie Fisher created this super yummy recipe at 24 Hours of Booty 2016. Thanks Maggie!**