



Creative Juices  
Consulting

## **Mango-YUM Booty Smoothie (24 Hours of Booty original recipe)**

**24 oz frozen mango**

**½ cup orange juice**

**½ lemon squash**

**2- 4 fresh green beans (optional)**

**½ cup Greek yogurt**

**1 cup unsweetened almond milk (can adjust amount to desired consistency)**

**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.**

**A Booty favorite....Everyone loved this super cool and refreshing summer smoothie !**

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