



Creative Juices
Consulting

24 Hours of Booty 2014

Pear-de Booty

1 banana
1 pear
1 orange, peeled with pith remaining
1 big handful organic spinach
1 ½ cups almond milk
1 inch candied ginger
3 leaves of fresh stevia (optional)
2 Tbsp honey
15 green grapes
Ice

Place all ingredients in VitaMix® and blend until smooth. This recipe was developed with my dear friend Michelle, who volunteered with me during 24 Hours of Booty.....Thanks Michelle!!!