



Creative Juices  
Consulting

## 24 Hours of Booty 2015

### Booty Beets Cancer Smoothie

**1 fresh red beet, peeled**  
**1 cup frozen cherries**  
**1 cup frozen pineapple**  
**1 banana**  
**1 handful kale**  
**1 cup coconut water**  
**¾ orange with pith**  
**1 handful red grapes**  
**Dash cayenne pepper**  
**Ice**

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