



Creative Juices
Consulting

Mixed Fruit Smoothie (24 Hours of Booty original recipe)

1 cup frozen mango
1 cup frozen strawberries
1 fresh peach
1 handful fresh spinach
½ cup Greek yogurt
1 cup unsweetened vanilla almond milk
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.