



Creative Juices
Consulting

24 Hours of Booty 2015

The Cole Cooler

1 peach
1 ½ cup frozen pineapple
1 small tomato
¼ lime with peel
1 ½ cup coconut water
1 banana
2 chunks crystallized ginger
5 mint leaves
Ice

This recipe was created by young 11 year Cole. He helped our volunteers in choosing just the right ingredient for many of our smoothies. This one was all his!

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