



Creative Juices
Consulting

24 Hours of Booty 2014

Wind River® Smoothie

(Velvety smooth YUM)

2 large handfuls organic spinach

½ avocado

3 Tbsp almonds, approx. 15- 20

8 ounces frozen mango

½ medium young summer squash (I used a fresh lemon squash from the garden)

1 inch slice ginger

20 green grapes

½ cup Fage® Greek nonfat yogurt

1 ½ cups unsweetened almond milk

8 ounces coconut water

Dash of ground cayenne pepper

Ice

Place all ingredients in VitaMix® and blend until smooth. This drink was developed by Wind River's own Shannon Carney and is a staple during their cancer wellness retreats.