



Energizing Refreshing Fruit Smoothie

6 oz. Orange Juice, liquid.

2 Kiwi, peeled.

10 Strawberries, cored.

1 Banana, peeled.

1 Package Honey Stinger Gold, Strawberry, or Chocolate, emptied.

8 oz. Yogurt (plain or vanilla)

Handful of Ice cubes, frozen.

Place all ingredients in the blender except for ice.

Blend enthusiastically for 20 seconds.

Add ice and blend another 20 seconds or until desired smoothness.

Serve in cups (or drink all yourself!)

Try Some Variations:

Blueberries

Apples

Peaches

Pears

Nectarines

Mango

Apricots

Cherries

Plums

Apple Juice

Grapefruit Juice

You get the idea - just this evening I tried a banana, strawberry, *chocolate* honey stinger and **it was delicious!**

Congratulations on your training so far! If you have any questions, please do not hesitate to contact me.

Happy Trails!

Chef Meredith