



 **YOUR LOGO**
Your Message or Tag Line (Optional)

SWEET DREAMS SMOOTHIE



INGREDIENTS:

- | | |
|-------|---|
| ½ C | WARM RAW MILK
<small>(SUBSTITUTE OTHER MILK OF CHOICE)</small> |
| ½ | FRESH BANANA |
| ½ C | PITTED CHERRIES |
| ½ TSP | NUTMEG |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

RASPBERRY PEACH WATERMELON SMOOTHIE



INGREDIENTS:

- | | |
|--------|------------------------------|
| 1 C | SEEDED WATERMELON CHUNKS |
| ½ C | FRESH OR FROZEN RASPBERRIES |
| ½ C | FRESH OR FROZEN PEACH SLICES |
| ½ TBSP | COCONUT OIL |
| 3-4 | ICE CUBES (OPTIONAL) |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

