



VITAMIN C BOOSTER SMOOTHIE

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Makes one large smoothie

1 large banana, chopped

1/2 red pepper, chopped

1 blood orange, whole, peeled

1 tablespoon ground flaxseeds

Thumb size piece of fresh ginger,
chopped

Coconut water or water : add and adjust
to obtain desired consistency

METHOD

Place all the ingredients in a high speed blender and process until smooth. You might need more or less coconut water / water depending on how thick you like your smoothie.

PREP TIME

Prep time: 5mins