

Smoothie Recipe

In this order:

QUANTITY	INGREDIENT
5	Ice cubes
250mls	So good soya milk or can of Ensure
1 tsp	Soya protein powder
1 tsp	Mild C
½ tsp	Creatine
1 tbsp	Lecithium [fridge]
WHIZZ	WHIZZ
1 tsp	New Dawn Honey [fridge]
10 drops	Kyolic Garlic.
1 tbsp	CoQ10 liquid
¼ tsp	e-oil
1 tbsp	Bio Yogurt [fridge]
WHIZZ	WHIZZ
1-5	Frozen Berries as required but not to thick.
WHIZZ	WHIZZ adding water to thin.
	Pour into medium glass with new plastic straw.