



## SWEET DREAMS SMOOTHIE



### INGREDIENTS:

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

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



## RASPBERRY PEACH WATERMELON SMOOTHIE



### INGREDIENTS:

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

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

