

Boost Blood Flow Smoothie

Ingredients:

1/2 cup grapes

1/2 cup bananas

1/2 cup strawberries

1/2 cup coconut juice

1/2 cup lite coconut cream or milk

1 tbsp nut butter of your choice

Method:

Place all the ingredients in a blender and blend well.

A good tip: Freezing your bananas before you use them makes the smoothie thicker and creamier.

