



Miles of Smiles Smoothie

SERVES 2-4

This recipe was inspired by a young boy named Miles.

- 1 cup water
- 1 cup orange juice
- ½ ripe avocado
- 3 kiwi fruits (skin removed)
- 1 cup frozen mango chunks
- ½ cup frozen pineapple chunks
- 1 tsp vanilla

Place all ingredients into blender and blend until smooth.

See Health Starts Here program materials in store and online



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