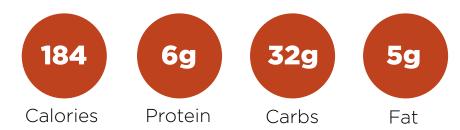
Michele Sodon

SWEET DREAMS SMOOTHIE



- ½ cup warm raw milk (substitute other milk of choice)
- 1/2 fresh banana
- ½ cup pitted cherries
- ½ tsp nutmeg

Place all ingredients into a blender. Blend until smooth. Add crushed ice if desired.

RASPBERRY PEACH WATERMELON SMOOTHIE









1 cup seeded watermelon chunks

- $\frac{1}{2}$ cup fresh or frozen raspberries
- ½ cup fresh or frozen peach slices
- 1/2 TBSP coconut oil
- 3 4 ice cubes (optional)

Place all ingredients into a blender. Blend until smooth. Add crushed ice if desired.

