



60 Days to Reclaim YOUR Health

STRAWBERRIES AND CRÈME SMOOTHIE

Ingredients

2 frozen bananas

1 cup apple juice

1 cup strawberries

Top with shredded coconut, slivered almonds or sunflower seeds (optional)

Directions

1. Blend apple juice, bananas and strawberries in a blender.

2. Pour into a glass.

3. Garnish with coconut, slivered almonds or sunflower seeds - or a little of all three.

Serves 2

There are many different ways to re-create your favorite flavors using healthful substitutions, and this recipe is a prime example.