

# Fruit and Nut Mixer

*Refreshing with a nutty twist*

## INGREDIENTS

- 2 Scoops (26.4 g) Daily BioBasics
- 4 – 5 1/2 oz (120 – 160 ml) Orange Juice or Apple Juice
- 4 – 5 1/2 oz (120 – 160 ml) Water
- 1 Banana
- 1/2 Grapefruit
- 1 Kiwi
- 5 – 10 Frozen Raspberries
- 3 – 5 Walnuts or Almonds
- 5 – 10 Frozen Red Currants or Blueberries

## DIRECTIONS

Mix well in blender. For a twist, add honey or vanilla shake powder, replace one of the ingredients with cucumbers or carrots, or replace 1/8 of the grapefruit with pineapple.



*Thilo Knaack*