



My Daughter's

Breakfast Juice



Ingredients

- 1 x large slice watermelon, skin off
- Juice of one fresh orange
- 1 x mango
- 1 x dessert spoon of bee pollen
- 1/4tspn of cinnamon
- Handful of fresh mint
- Handful of ice (*to preserve the live enzymes*)
- 1 x dessert spoon of sheep yoghurt (*optional*)

Method

- Blend all together until smooth and creamy
- Serve immediately

Nourishment

High in B vitamins, protein, amino acids, minerals and vitality