

Orange Power Smoothie serves 1

Get your fibre and micronutrient requirements with this delicious smoothie! This recipe was created when my kids challenged me to make them a smoothie using only orange ingredients! I was fortunate to have frozen persimmons and mangoes from summer, otherwise I wouldn't have been able to find much to put in! They devoured it and gave me a huge thumbs up, that made me feel like a winner... I hope you enjoy it just as much as we did.

Ingredients

- 1/2 carrot
- 1/2 orange
- 1 dried apricot
- 1/2 mango
- 1/2 persimmon
- 1/4 tsp turmeric
- 1/4 tsp cinnamon
- Small slice of fresh ginger
- 200ml coconut water
- 2 Brazil nuts

Method

1. Roughly chop all the ingredients and add them to a food processor or blender. Blitz until all the ingredients have been processed thoroughly .
2. Serve in a glass or drink from your blender vessel.

Notes.

We use a small Ninja blender, which works really well for individual serves.

This recipe is enough to fill two standard sized glasses, so I only make one serve if I'm making this for the kids.

As you prepare your ingredients, place the remaining halves of chopped and prepared ingredients into a container for another serve ready to go. You can substitute the Brazil nut for any other type of nut or some seeds. It's good to have a fat component with all the fruit to slow down the absorption of sugar.