

Spinach Mango Refresher

makes 2 servings

INGREDIENTS

2 cups frozen mango
2 cups fresh spinach
2 cups coconut water
½ cup frozen pineapple

DIRECTIONS

1. Rinse spinach
2. Combine all ingredients in a blender, cover and blend until smooth.
3. For a thinner consistency, add up to a ¾ cup of additional coconut water and continue blending until smooth.

Orange Banana Sunrise

makes 2 servings

INGREDIENTS

1 large frozen banana, cut into chunks
2 cups almond milk
2 Tbsp orange juice (fresh squeezed is best)
¼ tsp vanilla extract
Dash of cinnamon

DIRECTIONS

1. Combine all ingredients in a blender, cover and blend until smooth.
2. For a thinner consistency, add in an additional ½ cup of almond milk and 1 Tbsp of orange juice. Continue blending until smooth.

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Pink Lemonade Watermelon Slush

Featured in the summer 2019 issue of Magnolia Journal - makes 6 servings

INGREDIENTS

5 cups frozen seedless watermelon cubes*
1 cup fresh lemon juice
½ to ¾ cup Simple Syrup
Thinly sliced watermelon or lemon
wedges for garnish

DIRECTIONS

1. Combine watermelon, lemon juice, and Simple Syrup in a blender. Cover and blend until smooth, stopping and scraping sides as needed.
2. For a thinner consistency, add up to 1 cup cold water and continue blending until smooth. Serve immediately with a watermelon or lemon wedge and straw.

*Tip: The easiest way to freeze watermelon cubes is to place them on a waxed paper-lined baking sheet. Once frozen, they will not stick to the paper.

Simple Syrup Recipe

from Magnolia Journal - makes about 1.5 cups

INGREDIENTS

1 cup water
1 cup sugar

DIRECTIONS

1. In a small saucepan combine water and sugar. Bring to a boil over medium-high heat without stirring. Boil about 1 minute or until clear.
2. Pour into a clean, heat-proof jar and let cool. Add lid and store in the refrigerator up to one month.

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