



Summer Smoothie

with micro cantaloupe

SIMPLE RECIPE

Ingredients

- (2) cups of milk or water (dairy or non-dairy)
- (2) Scoops of vanilla protein powder
- (2) bananas sliced
- (1/2) frozen peaches and mangoes

A healthy handful of **Micro Cantaloupe** from Homegrown Health Farms!



Directions

Step 1:

Chop all fruit so it will fit in a blender.

Step 2:

Blend all ingredients together until smoothie adding more liquid as needed.
ENJOY!

This smoothie like our [green version](#) will keep you feeling full of energy all day long while the refreshing cantaloupe makes it refreshing.

