

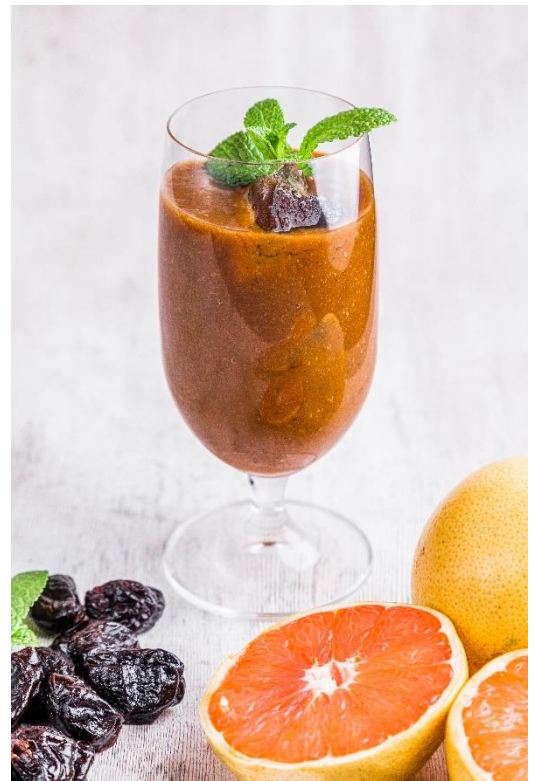


CALIFORNIA PRUNE AND FLORIDA GRAPEFRUIT BREAKFAST SMOOTHIE

by Peter Sidwell

Ingredients:

100g California Prunes chopped
2 Florida Grapefruits
1 Papaya peeled and seeds removed
1 Thumb of ginger peeled and sliced
10 Mint leaves
2 glasses of ice cubes



Here's How:

1. Place all the ingredients into a blender.
2. Add half the ice into the blend, before blending until smooth.
3. Pour over glasses with the remaining ice and serve.

Link to Website:

<https://www.californiaprunes.net/recipes/florida-grapefruit-smoothie/>