

PAPAYA, MANGO and ORANGE SMOOTHIE

Makes 2.

By Dennis W. Viau; an original recipe.

Having an abundance of frozen fruits in the freezer provides plenty of opportunity to create your own smoothies. For this smoothie I let the frozen fruit pieces thaw in the refrigerator and then used my old conventional blender to mix the drink



Ingredients:

1 cup orange juice
1 cup (130g) chopped papaya
1 cup (105g) chopped mango
1 banana
3 mandarin oranges
Optional: 1 tablespoon flax seed

Directions:

Combine all the ingredients in the jar of a blender and blend until smooth.

If using a high-end blender, such as a Vitamix, the fruit pieces can be placed in the blender jar frozen. Start the blender and slow speed and then gradually increase to high speed. Blend until smooth