



# Strong Harvest International

Linking People to a Better Life

Nutritious food > Clean water > Economic opportunity

---

## Moringa Smoothies

(Rick Kemmer)



In blender carafe, mix:

$\frac{3}{4}$  C Fruit juice

1 Fresh banana

$\frac{3}{4}$  - 1C Yogurt

2-4 Tbsp Moringa powder (or to taste)

1 Frozen banana, sliced

1 C Frozen fruit (mangos, berries, peaches, etc.)

Milk (dairy, soy, almond, rice) – enough to bring the smoothie to the desired consistency.

Just play with the amounts above to get the perfect smoothie for you!