

# Steven's Favourite Fruit Smoothies

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When creating your morning smoothie, use combinations of fruits that absorb well together. Here are two of Steven's favourites!

## Harvest Smoothie



This smoothie is full of Vitamin D and calcium.

### Ingredients

- 1/2 cup of pumpkin puree
- 1/2 cup of orange juice
- 1/2 a pear or apple
- 1/4 cup of pomegranate seeds
- 1/4 cup of dates

Pulverize all ingredients in a high speed blender.

You can freeze the leftovers for later!

## Tropical Smoothie



This is a good source of Vitamin C and iron that tastes great! The Vitamin C will help your body absorb the iron and the hit of protein (bee pollen) will keep you going until lunch!

### Ingredients

- 1 cup of coconut milk
- 1 cup of any of these fruits: papaya, strawberry, kiwi or mango
- 1 tablespoon of coconut oil
- 1 tablespoon of bee pollen

Combine all ingredients in a blender and blend well.