

NOT JUST FOR HALF-TIME
THEY'RE FOR
ANYTIME

Squeeze more out of life.

Flu-Buster Smoothie

Serves 2 *by Kim McCosker*

This terrific smoothie has a triple dose of vitamin C and perfect for those 'feeling-lousy' kind of days.

Ingredients

- 3 oranges, juiced
- 1 cup fresh strawberries, halved
- $\frac{3}{4}$ cup diced pawpaw
- 1 frozen banana, sliced

Method

Place all ingredients in blender and blend until smooth.



oranges.com.au

