

Power Punch Smoothie

Ingredients

- 1 medium (8oz) raw broccoli head
- ¼ cup frozen unsweetened mango chunks
- ½ cup frozen strawberries
- 1 ½ medium bananas cut up
- ½ cup apple cider

Prep Time	Cook Time	Servings
10-15 minutes	3-4 minutes	2

Procedure

1. Cook broccoli by bringing water to a boil. Place broccoli in boiling water and cook on medium heat for 3 to 4 minutes. Rinse with cold water until cooled. Drain.
2. In blender, place 1/3 cup of cooked broccoli and remaining ingredients. Cover; blend on high speed for about 30 seconds or until smooth.
3. Pour into 2 glasses. Serve immediately.



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