

Recipe No. 37/2014

# Tropical Summer Smoothie

Slip into summer with this vitamin-packed summer smoothie. A great way to start the day or enjoy as a refreshing mid-morning filler.

Serves: 4 people

Total Preparation time: 5 minutes

## Ingredients

200g paw-paw, peeled and cubed  
110g pineapple, peeled and cubed  
1 banana  
2 dates  
20g linseed  
10 almonds  
200g ice cubes  
200 – 400g water



## Method

1. Place all ingredients into TM bowl.
2. Blend **1 – 2 min/speed 10**.

## Cook's notes

- Use whatever fruit you have available.
- Add natural yoghurt or ice cream for a creamier smoothie.

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