

Recipe No. 22/2016

# Super C Smoothie

Chirene Hawke was the contributor of our recipe last week and very kindly shared another recipe this week.

NB: Suitable for both TM5 and TM31

Makes 2 smoothies

Total Preparation time: 5 minutes

## Ingredients

- 1 banana
- 1 apple, cut into 4 and pips removed
- Half a small paw-paw
- 150g - 200g fresh strawberries
- 100g fresh raspberries
- 1 tsp Camu-Camu
- 6 blocks ice



## Method

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

## Chirene's notes

- **Camu camu** is a small red berry native to Peru and grows on river banks. It has the highest amount of natural vitamin C in nature along with many other nutrients. It's a great way to boost the immune system, lift the mood, is an anti-inflammatory, anti-depressant and may even help with fertility.
- **Baobab** is also a wonderful source of vitamin C and has one of the highest anti-oxidant capacities of any natural product with more than double the anti-oxidants gram for gram of goji berries and more than blueberries and pomegranates combined.

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