

# Herbal Legacy Recipes

## Berry Banana Breakfast Juice

### **Ingredients:**

- \*3/4 c. distilled water
- \*1 banana
- \*1/4 c. frozen red raspberries
- \*1/4 c. frozen blueberries
- \*1/4 c. frozen strawberries
- \*1/4 c. frozen blackberries
- \*1/4 c. frozen cherries

### **Directions:**

Put the all these organic ingredients into a VitaMix or a Blender. Blend well. Pour into a large glass and enjoy!

More or less of each frozen fruit may be used, depending on the taste desired. This juice is really refreshing!

Serves 1

This recipe was given to us by Pam from Webster, NY.

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