

Golden smoothie

BY: Nicolas Stiensmeier

Yr 4 MH

Ingredient:

- 1 orange, Juiced
- ½ slice of pineapple, chop into small chunks
- 1 mango, peel and chopped
- ½ small size papaya or 1 cup of chopped papaya
- 1 medium ripe banana, peel and chopped

Preparation:

Put orange juice in the blender and add all the rest of ingredients.

Blend it well until smooth and no lump.

Pour into a glass, there ready to serve!

