

ALOE VERA SMOOTHIE



what you need

2 cups fresh strawberries

1 fresh banana, *peeled*

RAW aloe vera
a couple of slices of
aloe vera gel

1 cup locally sourced milk

½ cup strawberry yogurt

2 tbsp agave nectar

1½ cups ice

how to make it

1. Harvest a stem of aloe vera. Stand the stem up in a glass for a few hours to allow the yellow sap to drain from it. This helps remove the bitterness from the aloe vera.
2. After the aloe vera stem is drained cut the outer skin off and cut into slices.
3. In blender add the strawberries, banana, aloe vera slices, milk, yogurt and agave nectar.
4. Cover and blend on high for 30 seconds or until smooth.
5. Add ice and blend until the smoothie reaches the thickness desired.
6. Pour and serve.

enjoy!

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