



WELLNESS  
WEDNESDAY

Smoothie: **Fruit Smoothie**

Ingredients: 32 oz of orange juice (4 cups)

1 spoon of mango sorbetto (non-dairy)

1 banana

16 oz mixed berry fruits, frozen (2 cups)

8 oz mixed fruits (pineapple, strawberry,  
peach, and mango - 2 cups)

4 oz frozen blueberries

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*Blend until smooth.*

**Orange juice** - excellent source of vitamin C and high in antioxidants.

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**Banana** - rich in potassium that helps with muscle cramps, keeps your heart healthy, lowers your BP, and lowers your risk of stroke.

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**Pineapple** - high in manganese, vitamin C, and antioxidants. They are also good for digestion.

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**Mango** - rich in antioxidants, helps support heart and eye health, and aids in digestion.

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**Strawberry** - heart protector, increases good cholesterol, lowers BP, and guards against cancer.

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**Blueberries** - rich in antioxidants, helps lower your BP, boosts cognitive function, and improves cholesterol.

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**Peach** - improves digestion, heart health, builds strong immune systems, and improves allergy symptoms.

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HARBOUR'S EDGE | 

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