



STRAWBERRY, ORANGE & GOJI SMOOTHIE

5 minutes | serves 1

INGREDIENTS

1 ripe banana
1 heaping cup | 150 gr. strawberries
1 cup | 250 ml. freshly squeezed orange juice
2 tbsp dried goji berries
a couple of ice cubes (optional)

STEP BY STEP

Start by gathering, preparing and measuring all of the ingredients. This will improve your dynamic in the kitchen.

1. Soak the goji berries in lukewarm water for 5 to 10 minutes, until they become tender and plump.
2. Add all of the ingredients to your blender and blend for a minute or two (depending on how powerful your blender is!) until the smoothie is nice and creamy.



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