

Fitness Drink



Ingredients and Preparation

SERVINGS

Serves 2 people

INGREDIENTS

2 Large or 3 Medium Sized Bananas (circa 250g – 260g)
2 Large or 3 Medium Sized Oranges (Producing 200ml – 250ml Juice)
5 Tablespoons of Grand Marnier

SUGGESTED UTENSILS

1 Blender
1 Citrus Fruit Juicer

PREPARATION

Juice oranges and pour liquid into blender. Add bananas and Grand Marnier. Blend mixture and serve.