

Okra Fruit Smoothie

**Makes 1 large or two small smoothies. This recipe can have so many variations!
Have fun with it.**

- ½ cup of frozen fruit (such as blueberries, raspberries, mango, or peach slices)
- ¼-½ cup of frozen and sliced okra
- ½ cup each of kombucha and coconut cream/milk (or 1 cup of desired liquid - kefir, milk, juice, coconut water, etc.), plus extra, as needed
- ½ teaspoon vanilla extract
- 1 small ripe banana (adds a lot of sweetness, but sometimes I leave out because they are a bit high in sugar for me)

Add all of the ingredients into a blender and blend on high until very smooth. Stop to scrape sides, if needed, and add more liquid as needed (I often use more).