



PARTY WAVE

STARFRUIT | PINEAPPLE | ALOE | GINGER SMOOTHIE

- 100g Pineapple
- 1 Star Fruit
- 2 Calamansi, peeled and seeded
- Juice of 1 Hawaii Gold Orange (Valencia)
- 3 inches Fresh Prepared Aloe Gel
- 0.6g Dr. Turmeric Bamboo Ginger Powder
- 3 oz Water
- Garnish: Hemp Seeds or Star Fruit Slices

Wash and drain yellow latex from aloe for 10-15 minutes. Using a sharp knife, slice along the sides and cut 1/2" off the top and bottom. Slice along the top layer to reveal the fillet. Rinse. Turn over and peel the bottom layer off. Remove any yellow or green pieces, rinse again, and dice for single-serve use.

Wash and dice ingredients (reserve one slice of the star fruit for garnish.) Place in a blender on high for 45 seconds and serve. Pineapple and star fruit complement each other in this sweet and hydrating smoothie with a gentle ginger kick.

