

GUASTELLO'S VILLAGE MARKET

Clementine Sunshine Smoothie

Serves 1

Ingredients

4 clementines, preferably chilled

½ cup ice

¼ cup yogurt or almond milk (plain or vanilla flavors work)

Tiny dash sea salt

**Totally optional add-in ideas (I prefer the smoothie as listed above):

Chunks of frozen banana for extra creaminess (you can scale back on the ice if using frozen banana)

¼ teaspoon ground turmeric for exotic flavor and more immunity-boosting properties

Drizzle of honey for extra sweetness

One drop of pure vanilla extract for more of a dreamsicle flavor

Instructions:

Use your fingers to peel the clementines and pull each one in half. Pull out any excess pith in the center and discard it.

Add the yogurt or almond milk to the blender, followed by the clementines, ice and a tiny dash of salt, which enhances the other flavors. Feel free to add any of the optional add-ins suggested above. Blend well, until the clementines have turned into juice and there are no chunks of ice left.

There will probably still be some bits of pith in the smoothie. If you don't mind some texture, pour into a glass and enjoy immediately. For a perfectly smooth smoothie, pour it through a metal sieve into your glass.

Credit: cookieandkate.com