

# orange & pineapple smoothie



Sunny weather deserves an equally sunny drink. With the blisteringly hot February Nairobi heat, this orange and pineapple smoothie will sure cool you down.

### Ingredients

1 green apple

2 palm size pawpaw slices

1 orange

2 palm size pineapple slices

100 ml of plain yoghurt

1/4 teaspoon of grated ginger

### Method

Slice all your fruit. Place them in a blender together with the plain yoghurt and ginger. Blend everything until smooth.

Serve chilled.



SERVE WITH: on its own or after a meal you like

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This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/orange-and-pineapple-smoothie/>