

Milk Smoothie



(Serves 2)	Carrot	:	1
	Oranges	:	2
	Banana	:	1
	Platinum Milk for Balance	:	6tbsp.(or 4 sticks)
	Water	:	150ml

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1. Chop carrot
 2. Peel skin of oranges and banana, split them into 4 to 8 pieces.
 3. Place all ingredients into a mixer and blend until the mixture is smooth.