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Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

**Tropical Fruit Smoothie**

**By News Canada**

**Tropical Fruit Smoothie**

by: **News Canada**

1-1/2 cups (375 mL) cut-up, frozen tropical fruit (peaches, cantaloupe, kiwifruit, pineapple, mangos)\*

2 cups (500 mL) Ocean Spray® Cranberry Cocktail

For an adult version add coconut or golden rum to taste.

\* Or freeze any combination of cut-up fruit (strawberries, bananas, apples, pears, etc).

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**Best Recipes: Southwestern Mango Smoothie**

**By Donna Monday**

Directions

Use only one kind of tropical fruit (mango, papaya or guava) above.

<http://www.1st-milkshake-n-smoothie-recipes.com>

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