

Grapefruit Fertility Smoothie



Makes 2 large smoothies

Ingredients

- 1 ruby red grapefruit
- 1 cup frozen strawberries
- 1 ripe banana, peeled
- 1/2 cup coconut kefir or plain yogurt
- 1/2 cup fresh orange juice
- 1/2 teaspoon vanilla extract
- 1 tablespoon raw honey
- 2 tsp. Active Bee powder Royal Jelly

Directions

1. Cut the ends off the grapefruit so you can see the pink flesh. Trim away the skin and the white pith until you have a naked grapefruit.
2. Slice the grapefruit into thick rounds and remove any seeds.
3. Place the rounds of grapefruit into a blender along with remaining ingredients. Process until smooth.

[Smoothies](#) are a great way to pack in a ton of nutrition. They are also an easy way to get in fertility superfoods and still taste great.

Adapted from Grapefruit Smoothies by Cheri at Kitchen Simplicity.com