

Antioxidant booster drink

Ingredients:

1. 750 ml Purified water
2. 2 Cups Frozen Shiraz/Merlot or Cabernet Sauvignon grapes, removed from the stalks.

Remember, grapes without pips are unable to reproduce and are nutrient deficient. Search for grapes that are not hybridised, i.e. to be without pips and to be a big ball of flavoured sugar water. We are interested in the nutrients, not the sugar and the looks.

3. 1 x Tbsp Camu Camu berry powder.
4. 1 x Tbsp Baobab powder.
5. 2 x Dates, dipped.

Preparation:

1. Add all the ingredients in the blender bowl.
2. Blend in a super blender till smooth.

Serves 5 people

Enjoy it &



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