



Mornings On 2

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Mornings on 2 Recipes



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Persimmon,
Banana, and
Warm Millet

MORNINGS ON 2
RECIPES

Persimmon, Banana, and Warm Millet Smoothie



Kwanzaa Smoothie Recipe: Persimmon, Banana, and Warm Millet Smoothie



Persimmon, Banana, and Warm Millet Smoothie

- 2 tablespoons millet
- 2 cups water
- Pinch of coarse sea salt
- 2 cups finely diced fuyu persimmons
- 2 large ripe bananas
- 1 cup freshly squeezed orange juice
- 1/4 cup raw walnuts, soaked in water overnight and drained well
- 2 pitted Medjool dates
- 2 teaspoons freshly squeezed lime juice

<http://www.ktvu.com/morning-news/mornings-on-2-recipes/56042505-story>