

SOUTHBROOK VINEYARDS

# bioflavia™

organic red wine grape skin powder

Start your day with a delicious boost  
of health-promoting antioxidants.

## Sunrise Smoothie Recipe

- ½ cup (125 mL) orange juice
- ¼ cup (60 mL) non-fat yogurt
- 1 Tbsp (10g) **Bioflavia Organic Red Wine Grape Skin Powder**
- ½ cup (125 mL) frozen blueberries
- ¼ banana, sliced
- 4–5 ice cubes

Combine all ingredients in a  
blender and blend until smooth.

[www.bioflavia.ca](http://www.bioflavia.ca)

