

SOUTHBROOK VINEYARDS

**bioflavia**<sup>™</sup>

organic red wine grape skin powder

### **Bioflavia Sunrise Smoothie**

Start your day with a delicious boost of health promoting antioxidants. Sweeten to taste, if desired, with honey.

#### **Ingredients:**

½ cup orange juice

¼ cup plain non-fat yogurt

1 tbsp Bioflavia

½ cup frozen blueberries

¼ banana, sliced

1-2 ice cubes

1. Combine all ingredients in a blender and blend until smooth.

