



Presented by  
EASTERN PRODUCE COUNCIL  
AND  
PRODUCE BUSINESS

## RECIPE CREATE BY CHEF CAMILLE BECERRA

### Banana, Date & Lime Smoothie

1 Banana  
3-4 Large Medjool Dates  
Juice of 1 Lime  
 $\frac{3}{4}$  cup Soy Milk  
1 cup ice

Combine all ingredients into a high powered blender and blend till smooth.

Chef demonstrations sponsored by



A family of *Growing* companies.

