

# Fruit Memory Booster

## Ingredients:

4oz        125ml    skim milk

½                Banana-sliced

1/3 cup    80ml    fruit in season-strawberries, kiwi, raspberries, peaches, melon

1 tsp       5ml    minced fresh ginger

½ tsp       2.5ml    dried ginkgo leaves-crushed

## Instructions:

1. Place all ingredients in a blenders and blend for approx. 30 seconds until mixture is smooth.
2. Pour into a large glass and enjoy!

Note\* you can substitute banana with non-fat yogurt to add protein to mixture. An excellent start to any day!