



The HQ Farms

Microgreen Idea of the Week *Cantaloupe Microgreen Smoothie*

Ingredients

1 Apple, cored and cut into pieces
Handful of HQ Farms Cantaloupe Microgreens
1 cup of Yogurt, plain or vanilla
½ c Milk
Honey to taste

Instructions

Place all ingredients in blender and blend until smooth.

Note: Any fruit can be used. More or less milk can be added for desired consistency.



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Microgreen Idea of the Week
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