



CANADA AGRICULTURE
AND FOOD MUSEUM
MUSÉE DE L'AGRICULTURE
ET DE L'ALIMENTATION
DU CANADA

A FASCINATING WORLD
UN MONDE FASCINANT



Cricket and Fruit Smoothie

Ingredients

3 cups (750 ml) orange juice
2 cups (500 ml) mixed frozen fruit
1 cup (250 ml) frozen mangoes
1 banana (frozen)
½ cup (125 ml) vanilla yogurt
½ cup (125 ml) cooked lentils
2 tbsp (30 ml) honey
1 tbsp (15 ml) cricket powder (optional)

Preparation

Combine all of the ingredients into your blender. Blend on full strength until well blended and smooth. Serve in a glass with a straw and enjoy!