

LIMONEIRA[®]

S I N C E 1 8 9 3

Stay Smooth(ie) with Limoneira Citrus

*Three deliciously nutritious smoothies to start each summer day
from Limoneira Spokesperson Megan Roosevelt*

(Santa Paula, CA) – Breakfast is the most important meal of the day, but during a heat wave, making food can be the last thing anyone wants to think about. This August, take the Limoneira approach to start each day with a refreshing burst of yummy citrus flavor and an influx of vitamins and nutrients. Join Limoneira spokesperson Megan Roosevelt as she brings this and other recipes for delicious summertime treats to the Limoneira YouTube channel all month long.

For a helpful demonstration, you can watch Megan create the citrus smoothies below [here](#) on the Limoneira YouTube channel. Don't forget to subscribe – videos with more wonderful recipes, tips and tricks not detailed in this release will be added to the channel each Friday throughout the month.

Limoneira has also partnered with additional global chefs and mixologists, nutritionists, and beauty lifestyle and green cleaning experts to share their knowledge with the customers of our grocery and food service partners around the world. Their biographies can be found on [Limoneira's website](#).

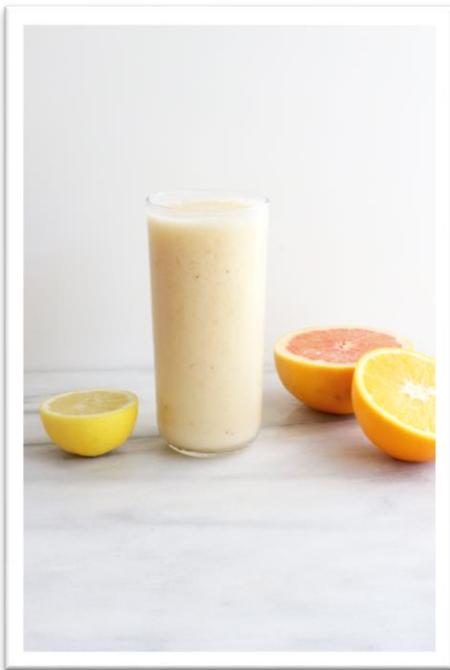
Without further ado, here's how to start each day the Limoneira way; healthy, simple, and with plenty of tasty citrus fruits. As an added bonus, in the month of August Limoneira is celebrating International Youth Day (August 12, 2018). Celebrate with ease by inviting the youths in your home into the kitchen to lend a hand during the smoothie-making fun. (And the smoothie drinking fun!)

Star Ruby Grapefruit Smoothie – Grapefruit for breakfast is a well-known lean breakfast alternative, but it makes an even better smoothie.

Ingredients:

- 1 Limoneira Star Ruby Grapefruit
- 1 cup pitted cherries
- 3 tbsp chia seeds
- 1 cup ice
- 1 cup plain yogurt

Directions: Begin by juicing the entire grapefruit. (The good news is, Limoneira citrus is notoriously juicy. Bring on that flavor!) Add all ingredients to a blender, and blend on high for about one minute. Enjoy!



Super Citrus Smoothie – Three times the citrus for three times the taste (and nutrients). This crowd-pleaser has a little bit of everything.

Ingredients:

- ½ Limoneira Star Ruby Grapefruit
- ½ Limoneira Valencia Orange
- ½ Limoneira Classic Lemon
- 1 banana
- 1 cup ice
- 1 cup plain yogurt

Directions: Juice all three citrus halves, then combine all remaining ingredients in a blender. Blend on high for one minute, then it's smoothie drinking time.

Lemon-y Green Smoothie – Eating veggies isn't for everybody. Our favorite Limoneira life hack is to take those greens and pack them into a delicious smoothie instead.

Ingredients:

- 1 Limoneira Classic Lemon

- 1 banana
- 1 baby cucumber
- 2 kale leaves (rinsed well)
- 1 cup ice

Directions: No sense reinventing the wheel! Juice the entire Limoneira lemon, then add all ingredients to a blender. Blend on high for one minute, and the smoothie is yours to enjoy.

In addition to being amazing additives to zest up that drinking water, citrus fruits are naturally water dense – meaning simply consuming them is a great way to stay hydrated all summer long.

Each month, Megan will be featuring another wonderful facet of citrus living. Subscribe to [Limoneira's Youtube channel](#) for more information on the many ways this endlessly versatile fruit can improve life inside the home and beyond.

