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*If Veterans don't help Veterans, who will?*

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## ***Hawaiian Smoothie***

- 1 Cup chopped fresh pineapple
- 1/2 Cup chopped peeled papaya
- 1/4 Cup guava nectar
- 1 Tbsp lime juice
- 1 Tsp grenadine
- 1/2 Cup ice

- 1) Place ingredients in the order listed in a blender. Pulse three times to chop the fruit, then blend until smooth. Serve immediately.

Makes 2 Smoothies

