

# Aloe Vera - shake

Cocktail

**Serving about 4 glasses**

**Preparation time:** about 10 minutes

**Ingredients:**

150 ml	Aloe Vera Juice, organic
100 g	curd cheese
4 tbsp.	crushed ice or ice cubes
3	ripe pears



**Preparation:**

Peel and quarter the pears, remove the core and cut into pieces.

Puree the pear pieces, curd cheese and Aloe Vera Juice with a hand-held blender.

Put one tablespoon of crushed ice in each of four long drink glasses and pour the shake over evenly.

## Aloe Vera Juice, organic

- naturally cloudy NFC juice
- made from carefully monitored organic Aloe vera leaf gel
- for health and wellness from within

