

# What's Cooking? Recipe

## **Bloody Mary Smoothie - Michelada**

**By: Chef Zoe Muller**

### **Ingredients:**

8 fl oz coconut water or pedialyte, coconut flavor  
1 cup grape or cherry tomatoes  
1 stick celery  
1 carrot  
1 lime without skin  
1 teaspoon ginger, fresh  
1 or 1/2 teaspoon Worcestershire sauce  
1/2 cup parsley, fresh  
Pinch cayenne pepper, optional\*  
Ice  
Green olives, for garnish

### **Preparation:**

Place everything in a blender blend until well blended.