

RECIPE:

Serves 8

Fruit Smoothie

INGREDIENTS:

- * 1 Cup Fresh Orange Juice (or frozen Juice)
- * 1/3 Cup Fresh Cranberry Juice
- * 1 Ripe Banana
- * 1 Cup Ripe Mango (diced)
- * 1 Cup Strawberry (diced)
- * 1 Cup Pineapple (diced)
- * 1 Cup Ice

OPTIONS:

- * Feel free to add your favorite fruits to your smoothie!
- * If you do not have whole fruits on hand, you can also use all natural fruit cups (either peach or mixed fruit) as a substitution

DIRECTIONS:

- * Rinse and Clean all fruits in water
- * Peel banana & mango, remove strawberry stems, dice fruits
- * Place all ingredients in blender and blend to your preference