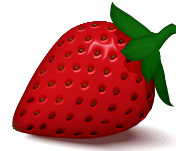
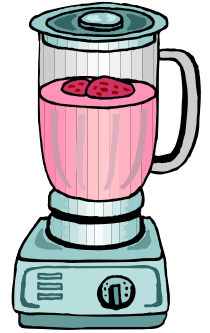


Fruit Smoothies

Smoothies are a healthy, nourishing, and quick substitute for any meal. Variations are endless; use other fruits such as bananas, mango, assorted berries, melons, papaya, pineapple, peaches...the list goes on! Ice cream, sorbet, soymilk and buttermilk can be used, as well as the fruit juice of your choice or tea for the liquid. Try adding fresh mint leaves for a refreshing, minty taste!



Ingredients:

2 cups ice
1 cup fresh/frozen strawberries

1 cup orange juice
1 cup yogurt (any flavor)
Honey to taste (optional)

Instructions:

Place all ingredients into a blender and blend on high speed until smooth.

Makes enough for two - Enjoy!