

Strawberry Sunrise Smoothie

8 ounce carton vanilla yogurt
1/2 cup frozen strawberries
1/4 cup apple juice
1 frozen banana, chopped

Place all ingredients in a blender; cover and blend. Serves 2.

Golden Peach Apricot Smoothies

1 1/2 cups orange juice
1 carton peach yogurt
1 can apricot nectar
2 teaspoons honey

Place all in blender and process until smooth. Yield: 3 cups

Kiwi Strawberry Banana Smoothie

3 peeled kiwi
1 cup frozen banana slices
3/4 cup pineapple juice
1/2 cup frozen strawberries

Put all ingredients into blender. Blend until smoothie consistency is reached.

Courtesy of
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