

Fruit Smoothies

Ingredients (makes 12 servings, serving size 6 ounces:)

- 4 cups Orange juice
- 3-4 Bananas (may be frozen)
- 1 can (20 ounce) Pineapple (in juice)
- 1 bag (about 1 pound) Frozen strawberries

Directions

1. Combine all ingredients in a blender.
2. Add more or less orange juice to desired consistency.

Nutrition Information- Per serving

Calories	128	Total Sugars	22g	Sodium	3.4mg
Protein	1.75g	Total Fat	.5g	Cholesterol	0mg
Carbohydrate	31g	Saturated Fat	.1g	Fiber	3.4g



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