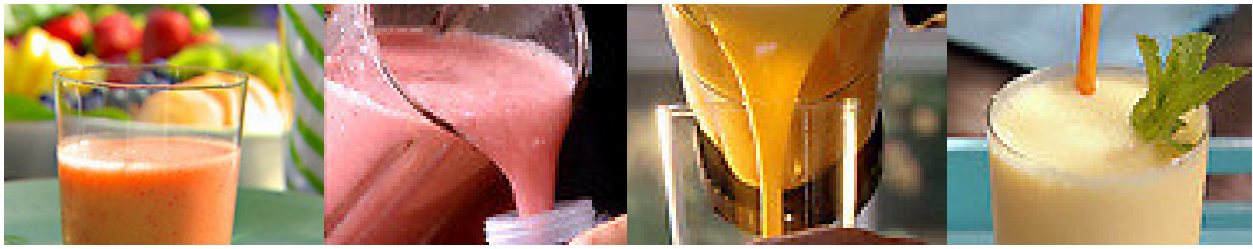


Smoothies



Use any combination of ingredients, fresh or frozen, and blend in a mixer. Serve cold. Experiment!

freshly squeezed orange juice
lowfat or nonfat plain, vanilla, or fruited yogurt
lowfat or nonfat milk
strawberries, tops removed
ripe bananas
peaches, pitted and skin removed
blueberries
raspberries
mango, pitted and skin removed
papaya, seeded and skin removed
blackberries
kiwi, skin removed
pear, cored and skin removed
pineapple, skin removed
seedless watermelon
honeydew
cantaloupe

Pictures printed from FoodNetwork.com on 12/09/2008