

Fruit Smoothie

INGREDIENTS

- 2 Bananas
 - ½ Cup Apple Juice (or other 100 % Fruit Drink)
 - ¼ Cup Of your choice of fruit
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INSTRUCTIONS

Peel, slice, and freeze bananas. After frozen, place in blender. Add juice, and fruit. Add more juice if needed. Blend until smooth. Use less liquid if you want a thicker smoothie.

You can freeze this to have a frozen dessert later.

