

ALL-FRUIT SMOOTHIE

1/3 C orange juice

1 C cantaloupe, cut into 1-inch pieces

1 C raspberries

1 C pineapple chunks

1C navel orange segments, cut into 1-inch pieces
(about 1 orange)

1 C strawberries, cut into 1-inch pieces

1 medium banana

1 C ice cubes

Layer in order above in blender jar. Process on
food

processor speed until smooth, about 30-40
seconds.

Makes six 6-ounce servings.