

Pink Sunrise Smoothies

1 c. orange juice
½ banana
1 cup fresh strawberries*

1 c. milk
2 cups ice
1 T. honey

1. Wash and prep fruit. Peel banana and cut into chunks.
2. Hull and slice strawberries. *If fresh strawberries are not available, frozen berries may be substituted.
3. Gradually add all ingredients to the jar of a blender; puree until smooth. Serve.

Yield: four 8oz. servings