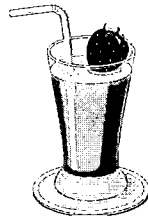


## ***Fruit Smoothies***



***Serves 4***

### ***Ingredients:***

1 banana

1 cups vanilla yogurt

½ cup frozen peaches

1 cup frozen strawberries

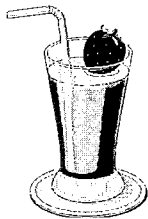
1 cup orange juice

### ***Preparation:***

Peel and wrap the banana tightly in plastic wrap. Put it in the freezer for 2 hours.

Place the yogurt, peaches, strawberries, banana, and orange juice in the jar of a blender. Puree until smooth and frothy. Serve.

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