

Great Grape Smoothie

Makes 2 servings.
1 cup per serving.

Ingredients

- 1 cup seedless grapes
- ½ cup frozen cherries
- ½ cup unsweetened frozen strawberries
- ½ cup orange slices
- ½ cup banana slices

Prep time:
5 minutes

Preparation

1. Combine all ingredients in a blender container. Blend until mixture is smooth.
2. Pour into glasses and serve.



Nutrition information per serving:

Calories 187, Carbohydrate 48 g,
Dietary Fiber 5 g, Protein 2 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 4 mg,
Added Sugars 5 g

