

Tropical Smoothie

Ingredients

- 4 cups of Orange juice
- 1 cup fresh strawberries
- 2 large bananas
- 6 ice cubes
- Whole strawberries

Directions

1. Combine half of first four ingredients in a container or electric blender; process until frothy.
2. Pour into stemmed glasses, and garnish each with a whole strawberry.
3. Repeat procedure with remaining ingredients.

Yield: about 8 cups.

Nutritional Information

- Serving Size = 1 cup
- Calories: 95 Fat: 0 g
- Carbohydrate: 23 g
- Fiber: 1.5 g
- Protein: 1 g
- Cholesterol: 0 mg
- Sodium: 2 mg