

BREAKFAST SMOOTHIE.txt

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BREAKFAST SMOOTHIE  
National Foundation for Cancer Research

½ cup fresh strawberries  
½ medium banana  
½ cup unsweetened tropical blend fruit juice  
¼ cup plain yogurt or soy yogurt

Put banana and half the juice in a blender or food processor fitted with a steel blade. Blend, adding remaining juice gradually until smooth. Add berries (and yogurt if desired), and blend thoroughly. Serve immediately.