Great Grape Smoothie

Quick and healthy, this snack is a favorite with kids.

Makes 2 servings.

1 cup per serving.

Prep time: 5 minutes

Ingredients

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

Preparation

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

Tip: For a thicker consistency, freeze grapes before blending ingredients. To freeze grapes, rinse, dry, and spread grapes in a single layer on a cake pan or pie pan. Cover and freeze 1½ to 2 hours until completely frozen.

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

Recipe courtesy of the California Table Grape Commission.