

PINEAPPLE, PEACH & BANANA SMOOTHIE

Serves 2.

By Dennis W. Viau; an original recipe.

With enough frozen fruits in the freezer, you can make a wide variety of smoothies without needing to go shopping.

Ingredients:

1 cup (120g) frozen peach pieces
1 cup (130g) frozen pineapple pieces
1 banana
1 tablespoon ground flax seed
¼ cup (30g) chopped almonds
4 ice cubes
1½ cups (350ml) orange juice

Directions:

Combine all the ingredients, in the order above, in the jar of a high-end blender such as a Vitamix. Start blending at low speed and slowly increase the speed to high. Blend about 50 seconds or until smooth.

If using a conventional blender that might be damaged by ice, allow the frozen pieces to thaw before blending. Substitute about ½ cup (120ml) water for the ice cubes

