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

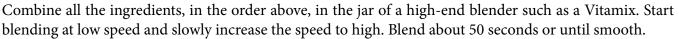
1 tablespoon ground flax seed

¼ cup (30g) chopped almonds

4 ice cubes

1½ cups (350ml) orange juice





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

