

All Fruit Smoothie

(actually a sorbet if the fruit is frozen enough)

Use fresh:

One apple, not peeled

One orange, peeled

One kiwi, end "plugs" removed (not peeled)

Frozen (or fresh, if available):

Sweet cherries

Diced mangoes

Sliced peaches

Stahlbush healthy berry blend

Blueberries

Red raspberries (or equivalent)

(one bag of each)

Half thaw the frozen berries. Pulse all the fruit in a blender until incorporated, then blend on high for one minute. Depending on the ability of your blender, you may have to blend this in two or three batches. The Vita-Mix is my all-time favorite blender and well worth the extra money. This recipe will fill a 64 oz capacity blender.

The flavor is best when first made (dessert for company?), but if you make a large batch for the week, freeze the remaining in individual servings.