

Ginger Peach Smoothie

Ingredients:

1 can Peaches (drained)
½ C Apple juice
6-8 Ice cubes
Ginger root (peeled, 4-5 thin slices)
1 tsp. Lemon juice

Procedure:

Peel and slice ginger. Add all ingredients to blender and blend for 1-2 minutes.

Mango Lime Smoothie

Ingredients:

¼ C Apple juice
¼ C Mango juice
½ C Lime juice
2 Mangoes (peeled, cut off pit and cut in 1 in. pieces)
6 Tbs. Sugar
9 Ice cubes

Procedure:

Blend all ingredients in blender for 1-2 minutes.