

# Meals from Your Market

SOUTH EAST AREA



## *Peach and Orange Juice Smoothie*

### Ingredients

- 1 medium banana
- 1 ripe medium peach, pitted and sliced
- 6 oz vanilla yogurt
- $\frac{1}{4}$  cup orange juice
- 1 tsp honey
- 1 cup ice cubes

### Instructions

Combine all ingredients in blender and blend for 1 or 2 minutes until smooth and frothy.

Recipe from *Anja Mast, GR Kitchen Coach*