

3 Fruit Smoothie

From www.low-cholesterol.food.com

INGREDIENTS:

- 2 bananas
- 4 peaches, sliced
- 8 strawberries
- 2-3 cups organic apple juice (dependent on desired thickness) – can use half water, half juice to reduce sweetness
- ¼ teaspoon cinnamon

PREPARATION:

Combine ingredients. Blend in blender until smooth.

NOTES FROM THE COOK: