

Fruit Smoothie

1-1/2 cup frozen strawberries**
1 ripe banana
3 ice cubes
1/4 cup orange juice
2 tablespoons *Flax Complete**

**If these Natural Ovens products are not available in your store, contact customer service.*

Place strawberries, banana, and ice in blender and pulse 3 or 4 times. Add orange juice. Blend until smooth.

Serves 2

***Substitute frozen peaches, blueberries, or raspberries for fruit and white grape juice, apple juice or pear juice for variations.*



Recipe from the Natural Ovens Test Kitchen