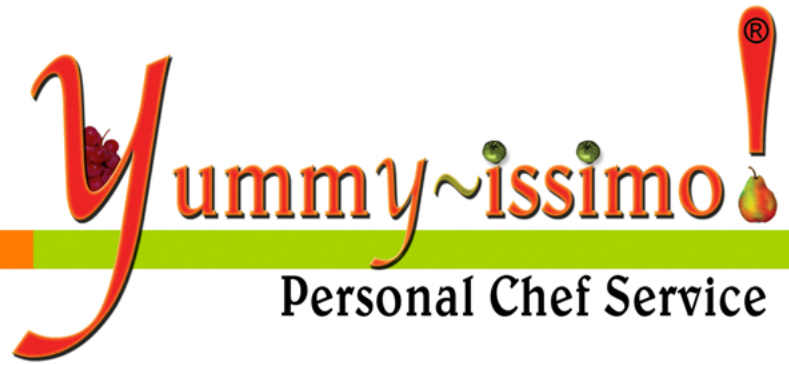


Fruity Breakfast Drink



Personal Chef Service

This keeps well in the refrigerator for several days

Serves 8

1 pound, frozen peaches

1c orange juice

1 pound strawberries, green tops removed

1/4c honey

2 bananas, peeled, broken in half

2t vanilla

2c fat~free vanilla yogurt

Place all ingredients in heavy~duty blender or smoothie maker. Pulse until ingredients are blended but still a little chunky.

Keep refrigerated and covered.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by

The Meijer logo, featuring the word 'meijer' in a bold, red, lowercase sans-serif font. The letter 'i' has a blue dot above it.

Debbie Spangler ~ Certified Personal Chef

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