

## BORROWED FROM THE MAN ON TV SMOOTHIE

- 4 ounces plain, low-fat soy milk
- 4 ounces pomegranate juice
- 1 banana
- 4 ounces frozen strawberries
- 4 ounces frozen blueberries
- 4 ounces frozen peaches

Combine the soy milk, juice, banana, strawberries, blueberries, and the peaches in the carafe of a blender. Cover and refrigerate overnight or up to 8 hours.

When the fruit is partially thawed, put the carafe on the base of the blender, start at the lowest speed and slowly accelerate to medium, until you achieve a vortex.

Blend on medium for 1 minute. Increase the speed to high and blend for an additional minute.

Serve immediately.

Yield: 2 servings

146 calories per serving

Adam Havard

Harrison County

Senior – Nutritious Snack