

SUNSHINE SMOOTHIE

2 ripe bananas, broken into several pieces

1 cup pineapple juice

½ cup freshly squeezed orange juice

6 ounces orange non-fat yogurt

Combine all the ingredients in a food processor or blender and process until smoothly pureed.

Yields: 2 servings

Meredith Havard

Harrison County

Intermediate-Nutritious Snack