



Yummy Wake-Up Smoothies

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 large ripe banana, peeled and sliced
- 1 cup washed strawberries, stems and hulls removed
- 1/2 cup raspberries or peeled and sliced kiwis (about 2 kiwis)
- 1 cup plain yogurt
- 1/4 cup orange juice
- 2 tablespoons honey

Instructions

Place all of the ingredients in the blender and process on high speed until smooth, about 30 to 45 seconds.

Pour into glasses and serve.

Feel free to substitute or add other fruits, such as blueberries, mangoes, or peaches. And feel free to substitute pineapple juice for the orange juice—it'll work just as well!