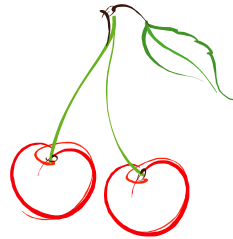




Fresh Cherry Smoothie



Serves 4

Quick & Easy

Try this delicious smoothie for breakfast or as a substantial dessert.

2 c. pitted sweet cherries,
fresh or frozen
1 speckled banana
1-1/2 c. crushed ice
1-1/2 c. homemade SCD yogurt
1/4 c. honey

Combine all ingredients except honey in a blender; process, adding honey while the blender is running. Process until smooth. Serve immediately.