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Berry-Banana Smoothie

- 1 Ripe banana, sliced
- ½ Cup raspberries
- ¼ Cup blueberries
- 1 ½ Tsp honey
- 1/8 Tsp ground cinnamon
- ½ Cup unsweetened apple juice
- ½ Cup ice

- 1) Place ingredients in the order listed in a blender. Pulse twice to chop the fruit, stir well, then blend until smooth. Serve immediately.

Makes 2 Smoothies

