



Tart Cherry Recipe Card

Low-Fat Cherry Juice Smoothie

A quick, easy breakfast treat.

Makes 2 servings (about 1 cup each)

Calories per serving: 125

Total fat per serving: 0.7 grams; 2.2 mg cholesterol

Percent calories from fat: 5%

- 1 very ripe banana, peeled
- 1 cup frozen unsweetened tart cherries
- ½ tablespoon Fruit Advantage [cherry juice](#) concentrate
- 1 cup skim milk

Put banana, frozen cherries and milk in the container of an electric blender; purée until smooth. Serve immediately.

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