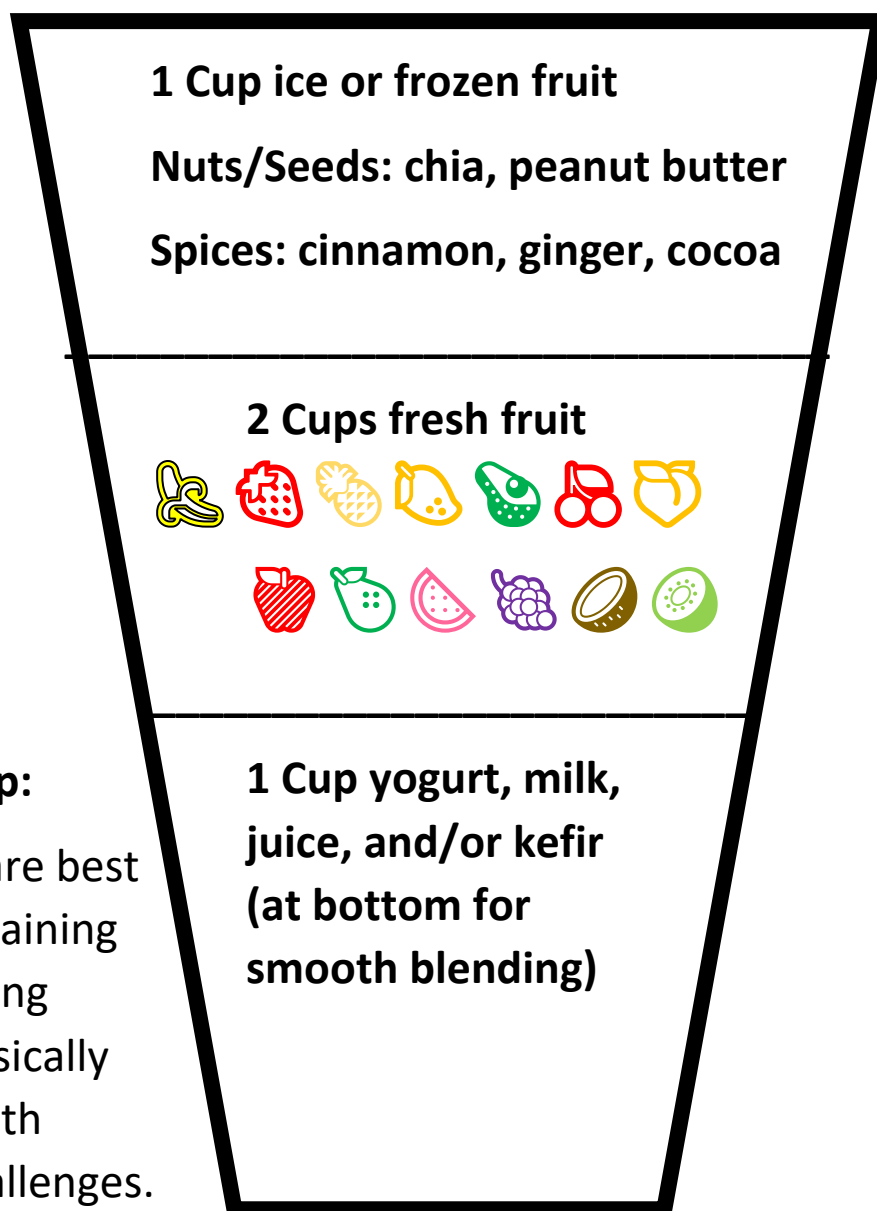


SMOOTHIE SUCCESS

For best blending, put liquid and easily pureed ingredients in 1st. This base makes it easier for even light-duty blenders to handle ice and other tough ingredients. Taste and adjust as needed. Makes 4 cups.



Nutrition Tip:

Smoothies are best for people gaining or maintaining weight, physically active, or with chewing challenges. The blender makes digestion and absorption easier.



**Greater Cleveland
Food Bank**