

Aronia All-Fruit Smoothie

Aronia berries make great smoothies. Just add them to any juice, fruit popsicle, or your favorite yogurt. They can be put on cold or hot cereal, or added to pancake batter. You can also substitute them in many other berry recipes like cranberry sauce or blueberry muffins. They are great in fruit salads. Just be creative!

Ingredients

1/4 cup orange juice
1 cup peaches, drained
2 medium bananas, in chunks
1/2 cup frozen aronia berries

Instructions

Put ingredients in a blender in this order. Blend until the drink is smooth.