

Crantastic Delight Great Smoothie or Popcicles

Receipe for approx. 32oz. of smoothie

- 1C. Cranberries (fresh or frozen)
 - 1C. 100% sugar free Cranberry Juice
 - 1C. Raspberries (fresh or frozen)
 - 1 Banana
 - 1 ¼C Rice Milk
 - 1 Raspberry Fortune Delight
 - 1 Strawberry Vitashake
 - 1 Mixed Berry NuPlus
 - 1 pk Quinary
 - 1C. Ice
 - 20 Drops Sunectar
- Blend all ingredients in blender

By Amy Herron and Pat Earnest