

## Fruit Smoothie

### Ingredients

2C Mixed frozen fruit (mango, pineapple, peaches, lots of berries and dark cherries) I don't use blackberries because I don't like to drink the seeds.

1/2C water

1/2C tart or black cherry juice.

### Directions

Add all ingredients to a high-speed blender and blend until smooth.

Serve immediately for a drinkable smoothie or freeze in small cups for an ice cream type treat.