“The Local Buy” Recipe, Episode 505

Al’s Smoothie Recipe

Courtesy of Al Spoler

Ingredients

- 1 apple, cored and cut into pieces
- 2 bananas, peeled, chopped
- 1 cup strawberries, de-stemmed
- 1 freestone peach, peeled with pit removed, cut into pieces
- ¼ cup blueberries, picked over for stems
- 2 cups apple cider
- ½ cup plain yogurt
- 2 tablespoons honey
- 1 cup crushed ice

Directions

1. Place the cut up fruit and cider in a blender and process until it is very smooth.
2. Add the yogurt and honey to taste (you want a sweet/sour flavor). Process and adjust for more sweet or more sour.
3. Add about a cup of crushed ice into the blender and process until the ice is completely blended. Serve immediately or refrigerate to chill.