Great Grape Smoothie

Makes 2 servings.
1 cup per serving.

Ingredients
- 1 cup seedless grapes
- ½ cup frozen cherries
- ½ cup unsweetened frozen strawberries
- ½ cup orange slices
- ½ cup banana slices

Preparation
1. Combine all ingredients in a blender container. Blend until mixture is smooth.
2. Pour into glasses and serve.

Nutrition information per serving:
Calories 187, Carbohydrate 48 g, Dietary Fiber 5 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg, Added Sugars 5 g