Total Fruit Juice Smoothie

2c. of grapes

3 Strawberries

1 slice of cantaloupe (rind removed)

1 orange (rind removed)

¼ apple

1 thick slice of pineapple (rind removed)

¼ Banana

1 tablespoon of honey

1 to 1 ½ cups of ice (to chill)

Run until smooth consistency

(About 1 min.)

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