

Raspberry Apricot Smoothie

Yield: Approx 16 oz.

With Farm Stand in full swing, there is a great variety of fresh fruit at our fingertips. Enjoy this vital smoothie, packed full of antioxidants, vitamin C and fiber! Yum!

½ c. fresh apricots, chopped

¼ c. frozen raspberries

½ c. apricot nectar

½ c. vanilla yogurt

honey or sweetener of choice to taste

¼ c. cashew nuts

Put all ingredients in blender or food processor and whip until smooth and thick.

For an extra nutrient kick, try adding a little kale or spinach to your smoothie.

