

# GRAPE JUICE SMOOTHIE

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## ingredients

- 1 cup Organic Grape Juice Concentrate
- 1 banana
- 1/2 c green cabbage
- 5 small peeled snacking carrots
- 5 Frozen Organic Strawberries
- 4 cups of ice

## Method

Place all ingredients in your blender in the same order that the ingredients are listed above. Turn on your blender and process from low to high for about 3-4 minutes. Pour in a tall glass and enjoy!

Tags: Quick and Easy, No Cook, Family Friendly, Cooking with Kids, American, Wheat Free, Vegetarian, Low Sodium, Low Fat, Gluten Free

