

Peach-Pineapple Smoothie Soup

Publix Aprons

Servings: 4

Start to Finish Time: 15 minutes

8 ounces (2 cups) frozen unsweetened peach slices

2 medium bananas, peeled

1 1/4 cups vanilla soy milk

1/3 cup frozen orange-pineapple juice concentrate, thawed

1 1/2 cups ice cubes

1 cup chopped fresh pineapple or peaches (or both)

Place the frozen peaches, bananas, soy milk and juice concentrate in a blender. Cover and blend until smooth. Gradually add ice cubes through hole in blender lid, blending until smooth after each addition.

To serve, pour mixture into four soup bowls and garnish each bowl with chopped fresh pineapple and/or peaches. Serve immediately.

Transfer any leftover soup to a freezer container and freeze for up to one month. Thaw in refrigerator before serving.

Per Serving (excluding unknown items): 54 Calories; trace Fat (4.2% calories from fat); 1g Protein; 14g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 Fruit.