

# Orange and Banana Smoothie

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## Ingredients:

- 1 cup of orange juice.
- 1 banana.
- 1 cup of fruit frozen or fresh.

## Preparation:

Peel the banana put in an airtight freezer bag and freeze until hard.

Pour the orange juice into a blender and add the frozen banana.

Add any frozen fruit of your choice and blend until smooth.

Serve immediately or chilled.