

Cantaloupe-Peach Smoothie

- 3/4 cup orange juice
- 1/cup cantaloupe chunks
- 1 to 2 tablespoons fresh lemon juice
- 2 to 3 tablespoons maple syrup
- 1/2 cup vanilla yogurt
- 1 cup sliced peaches

Combine all ingredients in a blender, puree to the desired consistency.

Serve cold. Makes 1-2 servings.