

Oasis Juice Mix

¼ Cup Pineapple Juice

¼ Cup Cranberry Juice

½ Cup Bananas

¼ Cup Strawberries

¼ Cup Peaches

Method:

Pour the pineapple and cranberry juice into the blender, add the fruit and blend on high speed for 2 minutes or till smooth.

Per serving:

154 calories

½ gram fat

Recipe submitted by Alfie Shelver