



Grape Banana Smoothie

1 banana, peeled and sliced
1 cup seedless grapes
1 cup Hudson Valley Fresh vanilla or plain yogurt
1 cup Welch's grape juice
small pinch ground cinnamon

Place banana and grapes in freezer until firmly frozen. Mix frozen fruit, yogurt and grape juice in a blender, add a pinch of cinnamon to taste. Makes 2 servings