**SUNRISE SMOOTHIES**

This breakfast treat is an explosion of fruit flavors. If you want it even easier, use frozen strawberries and peaches. It’s good for a special weekend breakfast but also delicious for an afternoon pick-me-up.

**INGREDIENTS:**

1. 1 cup chopped strawberries ( 5 strawberries)
2. 1 cup chopped seeded watermelon
3. 1 cup chopped peach
4. 1 cup (1/2 pint) raspberry sorbet
5. ¼ cup squeezed orange juice
6. Watermelon spears. for garnish

**DIRECTIONS:**

Place the strawberries, watermelon, peach, sorbet, and orange juice in a blender and puree until smooth and creamy. Add more orange juice if you’d like it a little less thick. Serve immediately in glasses with watermelon spears.