

Sunshine Smoothie for 2

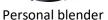
Makes 2 Servings; 1 cup per serving

Nutrients Per Serving:

120 Calories | 1g Fat (0g Saturated) | 26 g Carbohydrates | 0 g Added Sugar | 4 g Protein | 40 mg Sodium | 2 g Fiber

Equipment Needed







Small rubber spatula



Liquid measuring cup

Ingredients Needed

Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.



½ cup orange juice



½ cup yogurt vanilla or plain



1 banana, fresh or frozen



5 frozen strawberries



3-4 ice cubes

Directions



Wash hands.



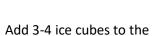
Add ½ cup orange juice and ½ cup yogurt to the blender. Blend.



Add 5 strawberries and 1 banana to the blender.



blender.







Put the lid on tightly and blend until ice cubes are chopped and mixture is smooth.