




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






 <p>Personal blender</p>	 <p>Small rubber spatula</p>	 <p>Liquid measuring cup</p>	
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Ingredients Needed

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

 <p>½ cup orange juice</p>	 <p>½ cup yogurt vanilla or plain</p>	 <p>1 banana, fresh or frozen</p>	 <p>5 frozen strawberries</p>	 <p>3-4 ice cubes</p>
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Directions

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>Add ½ cup orange juice and ½ cup yogurt to the blender. Blend.</p>	<p>3</p>  <p>Add 5 strawberries and 1 banana to the blender.</p>	<p>4</p>  <p>Add 3-4 ice cubes to the blender.</p>
<p>5</p>  <p>Put the lid on tightly and blend until ice cubes are chopped and mixture is smooth.</p>			