



Sunshine Smoothie

Servings: 6
Serving Size: 1 cup

Ingredients:

- 1 (8 ounce) low-fat lemon yogurt
- 1 (6 ounce) can orange juice concentrate
- 2 ½ cups low fat milk
- 1 teaspoon vanilla extract

Directions:

1. Place yogurt and orange juice concentrate in a blender. Mix.
2. Slowly add milk and vanilla.
3. Blend until smooth and creamy.

Nutrition Facts

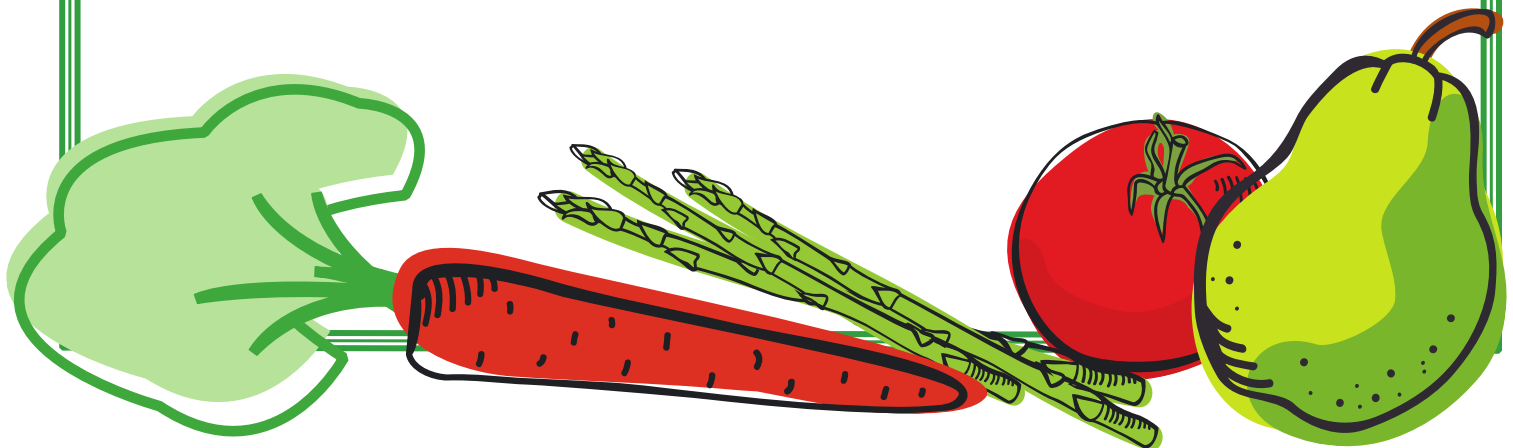
Serving Size 1 cup (169g)
 Servings Per Container

Amount Per Serving			
Calories 120	Calories from Fat 5		
		% Daily Value*	
Total Fat 0.5g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 75mg			3%
Total Carbohydrate 24g			8%
Dietary Fiber 0g			0%
Sugars 22g			
Protein 5g			
Vitamin A 8%		Vitamin C 50%	
Calcium 15%		Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4



For more recipes: www.eatsmart.umd.edu

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