

Creamy Orange Smoothie

Breakfast kids can cook! Beverages, Dessert. A healthy take on the classic orange creamsicle? Yes please!

Prep Time: 5 minutes

Makes: 4 servings

Source: Adapted from Recipe Runner

Ingredients

- 3 oranges
- 1 banana, fresh or frozen
- 1 cup non-fat plain yogurt or milk
- 1 teaspoon vanilla extract (optional)
- 2 cups ice cubes

Directions

1. Peel and section oranges over a bowl to catch all juices, remove seeds if necessary.
2. Combine yogurt, banana, orange slices (and any juices collected), and vanilla (optional) in a blender and puree until smooth.
3. Stir in 1/2 the ice cubes and blend again. For a frostier smoothie, add more ice cubes and blend until desired consistency is reached.

Utensils Needed

- Measuring cups
- Spoons
- Blender



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	136
Total Fat:	3 g
Saturated Fat:	0 g
Cholesterol:	15 mg
Sodium:	83 mg
Total Carbohydrates:	24 g
Dietary Fiber:	4 g
Total Sugars:	15 g
Protein	5 g

SHOPPING LIST

Average total cost : \$10

Average cost/serving: \$1.32

Recipe Makes: 4 cups

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 3 to cart
Fresh Oranges



Add 1 to cart
Banana



Add 1 to cart
Fat-free milk, 1/2 gallon



Add 1 to cart
vanilla extract, 8 ounces

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- The banana in this recipe helps create a creamier smoothie and adds sweetness- the riper the banana, the sweeter it will be!
- Recipe analysis was calculated using 1 cup of low-fat (1%) yogurt.