

Orange Smoothie

This recipe is a good source of vitamin C, which keeps gums and blood vessels healthy.

Ingredients:

- 1 cup **orange juice**
- 1 cup skim **milk**
- 1/2 cup **sugar**
- 1 teaspoon **vanilla**
- 1 to 2 cups **ice cubes**

Directions:

1. Blend ingredients until frothy in a blender.
2. Serve immediately.
3. Enjoy!

Nutrition Facts

Serving Size 4 (233g)	
Servings Per Container 1 cup	
Amount Per Serving	
Calories 150	Calories from Fat 0
%	
Total Fat 0g 0%	
Saturated Fat 0g 0%	
Trans Fat 0g	
Cholesterol 0mg 0%	
Sodium 95mg 4%	
Total Carbohydrate 34g 11%	
Dietary Fiber 0g 0%	
Sugars 34g	
Protein 3g	
Vitamin A 4% • Vitamin C 50%	
Calcium 6% • 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

4 servings, 1 cup each

Bright Ideas:

- Use reconstituted orange juice for low cost.
- To boost your calcium choose calcium enriched orange juice
- Sugar can be eliminated – product will be frothier!
- Use more ice (about 2 cups) for a thicker drink.
- You may substitute other juices for new smoothie flavors.

Source: Glenda Hyde, Deschutes County, Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>