Tropical Twist Smoothie

This cool and refreshing treat is an excellent source of vitamin C and protein.

Serves 2

Ingredients

- ½ cup orange juice
- ½ cup low-fat milk
- ½ cup frozen mango pieces
- 1 ripe banana
- ½ cup non-fat, Greek yogurt
- 3-4 ice cubes (optional)

Nutrition Facts

Serving Size About 1 Cup
Servings Per Recipe 2

Amount Per Serving

Calories 170	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 50mg	**2%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 2g	**8%**
Sugars 23g	
Protein 9g	

Vitamin A 15% • Vitamin C 70%

Calcium 25% • Iron 2%

*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

Please note: nutritional values are approximate.

Directions

1. Measure and add all ingredients to a single bowl, pitcher or container.
2. Puree until smooth using hand-blender.

HEALTHY YOUTH PROGRAM
Oregon State University
POWERED by ORANGES
LPI
LINUS PAULING INSTITUTE
Fitness & Nutrition!

Visit our website for more great recipes and program information- http://lpi.oregonstate.edu/healthyyouth