



April 5- Refreshing Spring Smoothie

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/refreshing-spring-smoothie>

Recipe

Ingredients:

- 2 cups fat-free yogurt, plain
- 2 units Anjou pears (peeled, cored, and chopped)
- 1 cup cranberries (fresh or frozen)
- $\frac{2}{3}$ cup orange juice
- $\frac{1}{4}$ cup honey
- 1 teaspoon Orange zest

Directions:

1. Place all ingredients in blender.
2. Blend until smooth.

Yield 5 servings

Nutrition Facts	
Serving Size 1 cup (252.5g)	
Servings Per Container 5	
Amount Per Serving	
Calories 180	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 75mg	3%
Total Carbohydrate 39g	13%
Dietary Fiber 5g	21%
Sugars 27g	
Protein 5g	10%
Vitamin A 10%	• Vitamin C 45%
Calcium 15%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	