



## 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	
<b>Calories</b> 180	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>1%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 39g	<b>13%</b>
Dietary Fiber 5g	<b>21%</b>
Sugars 27g	
<b>Protein</b> 5g	<b>10%</b>
Vitamin A 10%	• Vitamin C 45%
Calcium 15%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	