



## June 19- Orange Delight Juice

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/orange-delight-juice>

### Recipe

*Ingredients:*

- 1 cup orange juice
- ½ banana
- 1 cup apple juice
- 1 teaspoon honey
- 1/8 teaspoon cinnamon
- 1 cup ice

*Directions:*

1. Blend at high speed in blender until frothy.

Yield 4 servings

### Nutrition Facts

Serving Size 1/4 recipe (138.58g)  
Servings Per Container 4

**Amount Per Serving**

**Calories** 80      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 5mg      **0%**

**Total Carbohydrate** 18g      **6%**

Dietary Fiber <1g      **2%**

Sugars 15g

**Protein** <1g      **1%**

Vitamin A 2%      •      Vitamin C 80%

Calcium 0%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.