



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.