



## Orange Grove Refresher

Here is a great smoothie to enjoy anytime...

- 1 cup frozen Orange Juice concentrate
- 1 cup of frozen or fresh cut-up strawberries
- 2 cups of Soymilk
- 1 frozen banana
- 1 tsp vanilla
- 2 cups of ice cubes  
(less if the strawberries were frozen)

Blend all ingredients and serve right away. Garnish with an orange wedge. You'll be amazed how good this is!

### Nutrition Facts

per serving  
makes 6 servings

#### Amount per serving

Calories	159
Calories from fat	17

	% Daily Value *	
Total Fat	1.9g	3%
Saturated Fat	0.2g	1%
Cholesterol	0mg	0%
Sodium	13mg	1%
Total Carbohydrate	31.8g	11%
Dietary Fiber	2.6g	10%
Protein	3.6g	

Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.

#### Additional Information

10.7% of calories from Fat  
80.2% from Carbohydrates  
9.1% from Protein