P.O. Box 367 • Barnstable, MA 02630-0367 • TEL: (508) 375-6690 • FAX: (508) 362-4518 • www.capecodextension.org

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

Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating. Barnstable County and UMass Extension offer equal opportunity in programs and employment.

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