

Florida Sunshine Shake

Makes: 2 Servings

This recipe will help you eat fruits. Blend orange juice with fruit, yogurt, and ice to make a fruit smoothie.

Ingredients

- 1 cup** orange juice
- 1/2 cup** grapefruit juice
- 1** banana (mashed)
- 1/2 cup** low-fat vanilla yogurt
- 1/2 teaspoon** vanilla extract

Directions

1. Combine all ingredients in a blender, or mix in a bowl.
2. Blend until smooth.
3. Pour into a glass and serve immediately.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	180	
Total Fat	1 g	
Protein	5 g	
Carbohydrates	40 g	
Dietary Fiber	2 g	
Saturated Fat	0 g	
Sodium	40 mg	