



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Orange Smoothie

- 1 small can frozen orange juice
- 1 cup skim milk
- 1 cup water
- 1 teaspoon vanilla
- ¼ cup sugar
- 12 to 14 ice cubes

Blend in blender.

Serves 4.

Nutrition Facts

Serving Size: 1/4 of recipe (187g)
Servings 4

Amount Per Serving

Calories 160 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 35mg **0%**

Total Carbohydrate 36g **10%**

Dietary Fiber 0g **0%**

Sugars 35g

Protein 3g

Vitamin A 4% Vitamin C 120%

Calcium 10% Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4



TV Show

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Visit us on the web: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible)

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