

## CITRUS SMOOTHIE

**Preparation Time:** 5 – 10 minutes depending on the amount

<b>Serving Size:</b>	<b>Serves 2</b>	<b>Serves 4</b>	<b>Serves 6</b>	<b>Serves 8</b>
<b>Ingredients:</b>				
Orange juice, fresh Unsweetened	1 Cup	2 Cups	3 Cups	4 Cups
Pineapple, peeled, sliced	3 Slices	6 Slices	9 Slices	12 Slices
Strawberries, fresh/frozen	5 Large	10 Large	15 Large	20 Large
Ice, crushed	1 Cup	1 ½ Cups	2 ½ Cups	3 Cups

*Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.*

### Method:

- Place all ingredients into a blender and blend until smooth.
- Serve in attractive tall glasses and enjoy.

### Tips to Reduce Preparation & Cooking Time:

- Buy already cut pineapple slices to reduce preparation time.
- Substitute seasonal fruit into the smoothie recipe.
- Make extra smoothie mixture and freeze into popsicles to be enjoyed as a healthy snack.

<b>Citrus Smoothie – Analysis per serving</b>	
<b>Energy:</b>	
Calories (kcal):	111
<b>Protein (g):</b>	1.4
<b>Total Fat (g):</b>	0.7
Saturated Fat (g):	0.1
Monounsaturated Fat (g):	0.1
Polyunsaturated Fat (g):	0.3
<b>Omega-3's (g):</b>	0.1
<b>Cholesterol (mg):</b>	0.0
<b>Carbohydrates (g):</b>	26.7
Of which is sugars (g):	0.0
<b>Fiber (g):</b>	2.7
<b>Sodium (mg):</b>	5.0