

Orange Grove Refresher –(Smoothie)

Here is a great smoothie to enjoy anytime...
but it's especially good for breakfast along
with pancakes, waffles or French toast!

- 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! And there is
no sugar... unless you wish to add some maple syrup.

May 23, 2002 Kelowna CHIP CHAT

| NutritionFacts | |
|---|-----|
| 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 | |