



Orange Dreamsicle Smoothie

U.S.

4 each	Clementines, peeled
1/2 cup	ice
1/4 cup	Greek Yogurt, plain
1 cup	Mango, frozen
1 Tbsp	Vanilla Extract
1 tsp	Sugar

Metric

4 each
40g
60mL
140g
15mL
4g

Preparation:

1. Gather all ingredients and equipment.
2. In a blender, combine all ingredients. Blend on high for approximately 1 minute, or until the mixture is smooth.

Nutrition Facts

2 Servings

Serving size **12 ounces**

Amount per serving

Calories **170**

Total Fat 0 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 10 mg

Total Carbohydrate 32 g

 Dietary Fiber 5 g

 Total Sugars 26 g

 Includes 2g Added Sugars

Protein 5 g

Vitamin D 0 %

Calcium 4 %

Iron 0 %

Potassium 570 mg

Phosphorus 40 mg
