

## **Tango-Mango Orange Smoothie**

- 1 cup milk or soy milk
- 1/2 cup frozen mango slices
- 1 medium Sunkist orange, peeled, cut in chunks and frozen
- 1 cup frozen unsweetened blueberries

Makes 2 servings.

Mix all ingredients in a blender until smooth.

## **Orange Smoothie**

*This refreshing smoothie is a great energy builder after a workout or as a snack anytime! It's packed with good nutrition – a whole day's worth of vitamin C and a healthy dose of bone-building calcium – as well as great taste. Enjoy!*

- 2 medium Sunkist oranges, peeled, cut into bite-size pieces (1 cup)
- 1 cup plain low-fat or nonfat yogurt
- 1 cup fruit, your choice, cut into bite-size pieces: bananas; fresh or frozen strawberries; mango, etc.
- 1 tablespoon honey or 1/4 teaspoon vanilla
- 1 cup crushed ice

Makes 4 cups.

Place all ingredients, except ice, in a food processor or blender and process until smooth. Add ice, blend briefly and serve.

## **Smoothie Citrus Soother**

- 1 cup milk or soy milk
- 1/2 medium banana, cut in chunks and frozen
- 1 medium Sunkist orange, peeled, cut in chunks and frozen
- 1 cup crushed pineapple, canned in juice and frozen
- 1/2 tsp. coconut extract

Makes 2 servings.

Mix all ingredients in a blender until smooth.

## Coconut-Orange Smoothie

- 1 Sunkist orange, peeled, cut in bite-size pieces
- 1/2 cup crushed ice
- 1 scoop nonfat yogurt
- 2 tablespoons cream of coconut
- Juice of 1 fresh lime
- Sunkist orange cartwheel twist for garnish

Makes one 12-ounce serving

In blender, combine all ingredients except garnish; blend until smooth. Garnish with orange cartwheel twist threaded on short wooden skewer.

Nutrition information for one serving:

302 calories (27% from fat, 70% from saturated fat), 5 g protein, 18 g fat, 36 g carbohydrate, 30 mg cholesterol, 61 mg sodium, 4 g dietary fiber, 491 mg potassium, % DV-vitamin C-143%, iron-5%.

## Blue Moon Smoothie

- 1/2 cup fresh squeezed orange juice
- 1/2 cup fresh or frozen blueberries
- 1/2 cup chopped fresh, frozen or canned peaches
- 1 scoop vanilla ice cream or frozen yogurt
- 1 scoop orange sherbet
- 2 tbs. honey
- 1 cup crushed ice
- orange cartwheel slices

Makes 38 oz. servings.

In blender, combine all ingredients except orange slices; blend until smooth. Garnish with orange cartwheel slices.