

Blenderless Smoothie

4 Servings • 1 Serving = 1 Cup



INGREDIENTS

- 2 cups plain, low-fat yogurt
- 1 teaspoon vanilla extract
- 1 cup 100% orange juice
- 1 cup apple sauce, unsweetened

DIRECTIONS

1. In a large mixing bowl, add yogurt, vanilla extract, orange juice, and apple sauce.
2. Mix well with a whisk and serve chilled.

Nutrition Facts

4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 80mg	3%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 205mg	15%
Iron 0mg	0%
Potassium 122mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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