

Spiced Banana Orange Smoothie

From the King County Public Health Recipe Cookbook

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Beverages/BananaOrangeSmoothie.aspx>

Ingredients

- 1 medium banana, peeled and cut into chunks
- 1 large seedless orange, peeled and sliced
- 2 cups plain or vanilla-flavored soy milk
- 1 teaspoon powdered ginger
- 3 or 4 ice cubes

Instructions

1. Place all ingredients except ice cubes in blender. Cover and blend on high speed for 15 seconds or until smooth.
2. Add ice cubes, cover and blend for 15 seconds more or until well blended.
3. Serve immediately.

Makes 2 servings (*1/2 recipe per serving*)

Nutrition information per serving:

Calories 118
Carbohydrate 19 g
Dietary Fiber 5 g
Sugars 0 g
Protein 5 g
Total Fat 3 g
Saturated Fat 0 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 20 mg



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