



# FRUIT SMOOTHIES

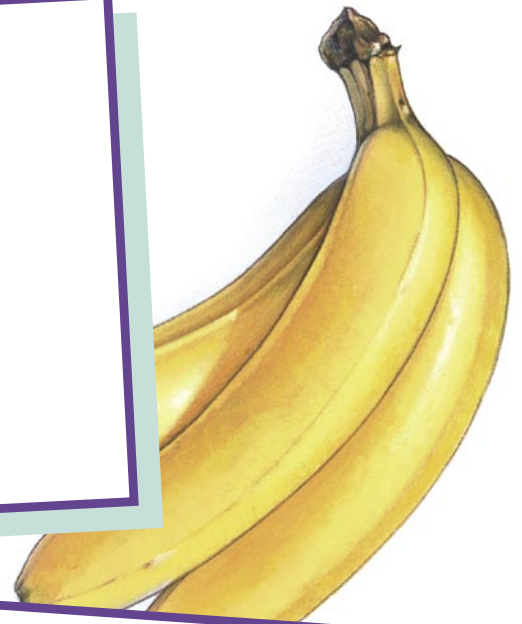
FROM AMC CANCER RESEARCH CENTER

## Wildberry Smoothie

- 1/2 cup of 100% orange juice
- 1/2 cup non-fat vanilla yogurt
- 1/2 cup of frozen blueberries
- 1 ripe medium size banana

*MIX IN A BLENDER ON HIGH UNTIL THICK AND SMOOTH!*

Nutritional Analysis: Calories 306; Protein 7.69 grams; Carbohydrate 72.06 grams; Fat 1.30 grams; Dietary Fiber 6.09 grams. Percent of RDA: Vitamin A 17%; Vitamin C 124%; Vitamin B6 49%; Folic acid 53%; Calcium 23%; Magnesium 24%



## Tropical Fruit Smoothie

- 1 cup of 100% orange juice (or other tropical fruit juice)
- 1/2 to 2/3 cup of frozen strawberries
- 1/2 cup of frozen blueberries

*MIX IN A BLENDER ON HIGH UNTIL THICK AND SMOOTH!*

Nutritional Analysis: Calories 274; Protein 3.91 grams; Carbohydrate 67.10 grams; Fat 1.43 grams; Dietary Fiber 9.25 grams. Percent of RDA: Vitamin C 316%; Vitamin B6 13%; Folic acid 72%

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