



Super Orange Smoothie

 **BRONSON**

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Serves 2

Ingredients

- 1 frozen banana, cut into chunks
- 1 cup canned apricots or peaches (low-sugar preferred)
- ¼ cup canned pumpkin
- ½ cup low-fat vanilla yogurt
- ½ cup milk, plant- or dairy-based
- ½ cup orange juice concentrate
- Optional: 1-2 tbsp. honey, sugar or brown sugar

Directions

1. Combine everything except honey/sugar in a blender. Blend on high until smooth.
2. Taste and add honey/sugar to sweeten, if needed.

Nutrition information

383 calories, 4g fat, 2g sat fat, 9g protein, 65g carbohydrates, 5mg cholesterol, 5g fiber, 59mg sodium