



Orange Sunshine Smoothie

Serves/Makes: 1 | Difficulty Level: 1 | Ready In: < 30 minutes

Ingredients:

- 1/2 cup orange juice
- 1/4 cup plain nonfat yogurt
- 1/2 cup crushed or cubed ice
- 1 tablespoon sugar or sugar substitute



Directions:

- 1) Add all ingredients into a blender
- 2) Blend at high speed for 30 to 45 second.

