

# Tangerine Tornado Smoothie!

Try this cool new smoothie as a yummy breakfast or a fun after-school snack!

Make sure you have an adult help while making this treat.

## Ingredients:

- ⊃ 1 medium tangerine
- ⊃ 1 small banana
- ⊃ 1 cup low-fat vanilla yogurt
- ⊃ 1/3 cup 100% orange juice
- ⊃ 4 ice cubes

## Tools:

- ⊃ Blender
- ⊃ Measuring cup

## What to do:

1. Peel the tangerine and separate the slices.
2. Put tangerine slices, banana, yogurt, orange juice and ice cubes into the blender.
3. Have your adult helper blend everything together for a few minutes until the ice cubes are completely crushed.
4. Enjoy with friends and family!

This recipe makes 2 servings. If you want to share with more friends, just double the ingredients!

If you don't have a tangerine, you can use ½ orange instead.

## Nutrition Information:

Serving size: 1 cup

Makes 2 servings

Calories: 220 kcal

Total fat: 1.6 g

Sat. fat: 0 g

Trans fat: 0 g

Sodium: 73 mg

Total Carbohydrate: 48 g

Dietary fiber: 2 g

Vitamin A: 5% daily required value

Vitamin C: 100% of daily required value

Calcium: 15% of daily required value

