



Nutrition Facts

Serving Size 8 oz / 250 ml

Amount Per Serving

Calories 140

% Daily Value

Total Fat 1.5g **2%**

Saturated Fat 1g **5%**

Cholesterol 5mg **2%**

Sodium 35mg **1%**

Total Carbohydrate 32g **11%**

Dietary Fiber 2g **8%**

Protein 2g **4%**

Vitamin A 20% Vitamin C 90%

Calcium 4% Iron 2%



Total Time
**NOT
AVAILABLE**

Serving Size
8 OZ / 250 ML

Difficulty
EASY

Yields
3



TIP

Combine all ingredients in a blender. Blend until smooth. Garnish with fresh strawberries or banana slice.