



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.