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Fruit Drink

Prep Time: 5 minutes

Cost per serving: \$0.26

What you need:

Utensils:

- Cutting board & knife
- Measuring cups
- Blender

Ingredients:

- 1 cup strawberries
- 1 cup 100% orange juice
- 1 banana

Variations (in place of strawberries)

- 1 cup raspberries
- 1 cup blackberries
- 1 cup sliced peaches
- 1 cup sliced cantaloupe

What to do:

1. Wash hands and cooking area.
2. Combine all ingredients in a blender.
3. Cover and run on high until smooth.
4. Serve immediately.
5. Cover and store leftovers in refrigerator.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 2

Amount Per Serving

Calories 140 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 34g 11%

Dietary Fiber 4g 16%

Sugars 22g

Protein 2g

Vitamin A 2% • Vitamin C 160%

Calcium 2% • Iron 4%