



Orange Blossom's ORANGE FROSTY

... as pretty as it is delicious!

Ingredients:

- 1/2 cup fat-free vanilla ice cream
- 1/2 cup orange juice
- 1 orange, peeled and frozen
- 1 tsp orange zest (optional)

Prep Time: 5 min

Serves: 1

Cups of Fruits &
Vegetables per
Serving: 1/2



Preparation*: Place all ingredients in blender and enjoy!
(*Only make with the help of an adult!)

Each serving provides: An excellent source of vitamin C and a good source of calcium and potassium.

Nutritional Information per Serving: Calories: 113, Total Fat: 0.2g, Saturated Fat: 0g, % of Calories from Fat: 2%, % of Calories from Saturated Fat: 0%, Protein: 3g, Carbohydrates: 24g, Cholesterol: 0mg, Dietary Fiber: 2g, Sodium: 34mg

Recipe is courtesy of Produce for Better Health Foundation (PBH).



fruits & veggies
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