

# Fruit Explosion Smoothie



## Ingredients (Serves 2):

¾ cup apple juice

5 mandarin oranges (Cuties)

¼ cup cantaloupe, cubed

5 frozen strawberries

## Nutritional Information: Per Serving

- Calories: 156
- Fat: 1g
- Protein: 2g
- Sodium: 19mg
- Sugars: 33g
- Carbohydrates: 39g
- Potassium: 492mg

## Instructions:

Place all ingredients in the blender in order listed.

Blend until smooth.

**This delicious recipe brought to you by:  
The Smoothies Bible**