

Orange Smoothie

Preparation time: 5 minutes	Cook time: none required
Number of Servings: 4	Serving Size: 1 cup
Ingredients: Vanilla Yogurt 1 lb Applesauce, unsweetened 1 cup Orange Juice, 100% 1 cup	Kitchen tools needed: Large Bowl Wire Whisk
Directions: In large mixing bowl combine juice, applesauce, and yogurt. Stir mixture with a wire whisk until smooth and well combined. Serve Cold	
Variations: Strawberry: Reduce juice to ½ cup and add ½ cup pureed strawberries Blueberry: Reduce juice to ½ cup and add ½ cup pureed blueberries Peach: Replace the Applesauce with pureed diced peaches	

