

Orange Yogurt Smoothie

Ingredients

- 1 cup applesauce, unsweetened
- 1 cup orange juice
- 1/2 cup vanilla greek yogurt, low fat

Notes

Number of Portions: 4

Serving Size: 1/4 cup

Nutrition Facts: 83 calories, 0.84 g fat, 0.43 g saturated fat, 14 mg sodium, 16.76 g carbohydrate, 0.86 g fiber, 13.6 g sugar, 2.98 g protein

Directions

1. Combine applesauce and orange juice together in a container. Chill for several hours or overnight in the refrigerator.
2. Add yogurt to refrigerated mixture and whisk together until smooth. Serve chilled.

