

Citrus Rush

Ingredients:

- ½ cup orange juice
- ½ pink grapefruit, peeled and seeded
- ½ lemon, peeled and seeded
- 1 inch fresh ginger, skin scraped off
- ½ cup nonfat yogurt, vanilla
- 2 tsp. raw honey



Nutrition Facts	
Serving Size 1 cup or 8 oz (340g)	
Servings Per Container 2	
Amount Per Serving	
Calories 200	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 46g	15%
Dietary Fiber 2g	8%
Sugars 27g	
Protein 5g	
Vitamin A 15%	• Vitamin C 180%
Calcium 20%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



*GLUTEN-FREE



*SOY FREE

Directions:

1. Blend all ingredients in blender until smooth; about 2 minutes.