

Orange Power Smoothie

Ingredients:

- ¾ cup fresh carrot juice
- 1 ¾ cup ripe papaya, seeded and sliced
- 2 oranges, peeled and seeded
- 2 tbsp. brewer's yeast



Nutrition Facts

Serving Size 12 ounces (340g)
 Servings Per Container 2

Amount Per Serving	
Calories 160	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 34g	11%
Dietary Fiber 5g	20%
Sugars 19g	
Protein 6g	
Vitamin A 340%	• Vitamin C 230%
Calcium 10%	• Iron 8%

*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



*VEGAN



*GLUTEN-FREE



*SOY FREE

Directions:

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