

Vitamin C Boosting Orange Julius

Prep time: 5 minutes **Cook time:** N/A

Serves: 2 servings

Ingredients

- 1/3 cup orange juice
- ½ cup Greek Yogurt
- 1 medium orange, peeled
- 1 large banana, frozen
- 1 teaspoon vanilla extract
- 1 tbsp orange zest
- ½ cup ice
- Splash of milk of choice

Directions:

1. Peel oranges and banana. Place all ingredients in a blender.
2. Blend well, until smooth and frothy. Add more milk for thinner consistency or more ice for a thicker consistency.

Nutrition Facts

Servings: 2

Amount per serving

Calories **166**

% Daily Value*

Total Fat 0.4g 1%

Saturated Fat 0.1g 1%

Cholesterol 2mg 1%

Sodium 70mg 3%

Total Carbohydrate 35.8g 13%

Dietary Fiber 4.5g 16%

Total Sugars 24.7g

Protein 6g

Vitamin D 0mcg 1%

Calcium 199mg 15%

Iron 1mg 4%

Potassium 673mg 14%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.