

recipe *Peach, Pineapple, Orange Smoothie*

ingredients

2 cups yogurt, peach

1 1/2 cups pineapple juice

23.5 oz. jar mandarin oranges, in 100% juice

directions

Open mandarin oranges, pour into a freezer-safe pan with juice so oranges are in a single layer, and freeze.

Once frozen, remove and add with all ingredients to a blender, mix on high until smooth. Serve immediately as a frosty smoothie or let sit for five minutes before serving.



Snack | Breakfast Crediting: Serves 8 ages 1-5
Snack Crediting: Serves 4 Adults

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