

# RECIPE

## Fruit and Bran Smoothie

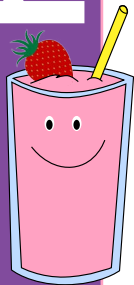
Start to Finish: 10 minutes Servings: 4

### Ingredients:

- 2 cups orange juice
- 2 cups strawberries
- ½ cup bran cereal
- 1 cup low-fat strawberry yogurt
- ½ cup chopped carrots
- 2 cups ice

### Directions:

1. Place all ingredients into blender and blend until smooth.  
Serve immediately.



### Nutrition Information Per Serving:

160 Calories; 1 g Total Fat; 0 g Saturated Fat; 5 mg Cholesterol; 3 g Fiber; 90 mg Sodium;  
35 g Carbohydrates; 25 g Sugar; 4 g Protein