

# Mandarin Orange Breakfast Smoothie

## INGREDIENTS

- 1.5 cups low-fat milk
- 1 cup low-fat greek yogurt
- 15 oz can mandarin oranges, drained
- 1 frozen banana
- 2 tablespoons flaxseeds
- 1 teaspoon vanilla extract

TIME: 5 MINUTES SERVINGS: 2

**\*CARBS PER SERVING: 44G**

**\*SUGARS PER SERVING: 35G**

\*estimated



Adapted from: downshiftology.com



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## PROCEDURE

1. Drain canned mandarin oranges
2. In a blender, add low-fat milk, greek yogurt, mandarin oranges, frozen banana, flaxseeds, and vanilla extract
3. Blend until smooth and serve!

This recipe is a great source of vitamins and minerals! We get Vitamin D and calcium from the low-fat milk and greek yogurt, and we get vitamin C and antioxidants from the mandarin oranges!



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