

Bambino & Orange Juice Medley

Delicious and nutritious.

Ingredients:

- 4 cups cut-up watermelon
- 1 cup fresh orange juice
- ¼ to ½ teaspoon sugar, if desired

Directions:

Place half of watermelon pieces (2 cups) into blender or food processor container and puree until smooth. Strain juice into pitcher. Repeat with remaining half of watermelon pieces. Stir orange juice and sugar into strained watermelon juice; serve immediately. Refrigerate leftovers.

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Servings: 3 (1-cup) servings

Each serving provides 1 cup of fruit.

The USDA Dietary Guidelines recommend Americans eat 5 to 6 cups of fruits & vegetables each day.

Nutrition information per serving:

Calories 85 (4% calories from fat)

Fat <1g

Saturated fat <1g

Cholesterol 0mg

Total Carbohydrate 21g

Dietary Fiber 1g

Protein 1g

Sodium 3mg

% Daily Value: Vitamin A 9%, Vitamin C 70%, Calcium 2%, Iron 4%

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