

# Orange Delight Juice

**Makes:** 4 servings

## Ingredients

**1 cup** orange juice

**1/2** banana

**1 cup** apple juice

**1 teaspoon** honey

**1/8 teaspoon** cinnamon

**1 cup** ice (crushed)

## Directions

1. Blend at high speed in blender until frothy.

**Source:** USDA Food Distribution Program on Indian Reservations  
Using Commodity Foods

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>70</b>
<b>Total Fat</b>	<b>0 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>0 mg</b>
<b>Total Carbohydrate</b>	<b>19 g</b>
Dietary Fiber	1 g
Total Sugars	15 g
Added Sugars included	N/A
<b>Protein</b>	<b>1 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	