**SUNNY STRAWBERRY ORANGE SMOOTHIE**

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**SERVINGS PER RECIPE:** 1

### ORIGINAL RECIPE

**Ingredients:**
- ½ cup fresh strawberries, hulled and halved
- ½ cup fresh pineapple chunks
- ½ cup orange juice
- Ice cubes (optional)

**DIRECTIONS:**
1. In a blender, combine all ingredients and blend until smooth. Serve immediately.

**ORIGINAL ANALYSIS PER SERVING:**
- Calories (kcal): 120
- Total Fat (g): 0  
  - Saturated Fat (g): 0
  - Trans Fat (g): 0
- Cholesterol (mg): 0
- Sodium (mg): 0
- Carbohydrate (g): 31  
  - Dietary Fiber (g): 3
  - Sugars (g): 26
- Protein (g): 1
- Vitamin A: 2%
- Calcium: 2%
- Vitamin C: 140%
- Iron: 2%

**THINGS TO CONSIDER:**
- Adding fruits increase the vitamin A and vitamin C amounts.
- Adding yogurt improves consistency, increases the calcium and iron levels, and adds pro-biotics.
- The modified recipe could easily be divided into two servings rather than one.

### MODIFIED RECIPE

**Ingredients:**
- ¾ cup frozen whole strawberries
- ¾ cup frozen pineapple chunks
- ¼ cup orange juice
- ¼ cup nonfat vanilla yogurt

**DIRECTIONS:**
1. In a blender, combine all ingredients and blend until smooth. Serve immediately.

**MODIFIED ANALYSIS PER SERVING:**
- Calories (kcal): 170
- Total Fat (g): 0  
  - Saturated Fat (g): 0
  - Trans Fat (g): 0
- Cholesterol (mg): 0
- Sodium (mg): 110
- Carbohydrate (g): 39  
  - Dietary Fiber (g): 2
  - Sugars (g): 31
- Protein (g): 5
- Vitamin A: 6%
- Calcium: 15%
- Vitamin C: 190%
- Iron: 4%