

5 A Day Recipes

Beverages

Quick & Creamy Grape-Orange Shake

Serves 2

- 1 cup red or green California grapes, halved and seeded if necessary
- 1 orange, peeled and quartered
- 1 teaspoon honey (optional)
- 1 banana, peeled
- 6 to 8 ice cubes, crushed

Puree grapes, banana, and orange in blender or food processor, add honey and ice. Blend until well mixed. Garnish with a handful of California grapes.

This is an official 5 A Day -recipe, and provides two people with two servings of fruit each

Nutritional Analysis

Calories: 150
Cholesterol: 0 mg
Fiber: 5 g
Sodium: 2 mg
% Calories from Protein: 4%
% Calories from Carbohydrates: 92%
% Calories from Fat: 4%