

Cranberry-Orange Smoothie

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 2 servings | Serving Size: 1 cup

Ingredients

- ½ cup low-fat (1%) milk
- ½ cup orange juice
- 1 small (or ½ large) fresh or frozen banana
- ⅓ cup fresh or frozen cranberries
- ½ cup cooked carrots, chilled
- ¼-½ teaspoon cinnamon, to taste
- ¼ teaspoon fresh grated ginger or pinch of dried ginger (optional)
- 3-5 ice cubes (optional; recommended if not using frozen fruit)

Directions

1. Pour the milk and orange juice into the pitcher of a blender.
2. Add the banana, cranberries, carrots, cinnamon, ginger (if using), and ice cubes (if using).
3. Blend until smooth and fully combined, about 2-3 minutes.
4. Serve immediately.

Recipe Notes

- If you can't find cranberries, raspberries make a good substitute.
- For additional protein, try adding 1-2 scoops protein powder, 1-2 teaspoons chia seeds or hemp hearts, 1 teaspoon ground flaxseed (flax meal), ¼-½ cup Greek yogurt, or ¼-½ cup cottage cheese.
- Substitute your favorite unsweetened non-dairy milk if desired.



Nutrition Facts Per Serving: Calories: 120 | Total Fat: 1 g | Saturated Fat: 0.5 g
Sodium: 50 mg | Total Carbohydrate: 25 g | Dietary Fiber: 3 g | Protein: 3 g

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