



The recipe card features a background image of a pineapple on the left and a solid blue background on the right. The title 'SUNSHINE SMOOTHIE' is centered in large, bold, dark grey letters. Below the title, the ingredients and directions are listed in a clean, sans-serif font. At the bottom, there are logos for NC Cooperative Extension, NC A&T State University, NC State University, USDA, and the 'Eat Smart Move More' program.

SUNSHINE SMOOTHIE

INGREDIENTS FOR 2 SERVINGS

- 1/4 cup of baby carrots
- 1/4 cup orange juice
- 1/2 cup of frozen pineapple chunks
- 1/3 cup of plain Greek yogurt
- 1/4 cup of frozen mango chunks
- 1 tablespoon of honey

DIRECTIONS

Measure out the ingredients and blend them in the blender!

Don't forget to refrigerate the remainder of the ingredients.



EFNEP
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