

Jicama Piña Breeze



Makes 3 servings.

1 cup per serving.

Ingredients

- ½ cup canned pineapple chunks, packed in 100% juice, undrained
- ½ cup fresh jicama, peeled and cut into small pieces
- ½ cup fresh orange chunks
- 2 cups 100% orange juice
- 10 ice cubes

Prep time:

10 minutes

Preparation

1. Place all ingredients in a blender container.
2. Blend until mixture is smooth. Pour into glasses and serve.



Nutrition information per serving:

Calories 117, Carbohydrate 28 g,
Dietary Fiber 3 g, Protein 2 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 5 mg,
Added Sugars 0 g