

Recipes

JICAMA PIÑA BREEZE

INGREDIENTS

A variety of flavors make up this refreshing drink.

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 orange juice ice cubes



10 6 117 3

Minutes Ingredients Calories Serv

PREPARATION

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

Makes 3 servings - 1 cup per serving.

NUTRITIONAL INFORMATION

Calories: 117

Total Fat: 0 g

Saturated Fat: 0 g

Trans Fat: 0 g

Cholesterol: 0 mg

Sodium: 5 mg

Total Carbohydrate: 28 g

Dietary Fiber: 3 g

Protein: 2 g