

Sunrise Smoothie

Serves: 1

Serving Size: 1 smoothie

Ingredients:

- 1 cup fortified soy milk
- 1/2 cup orange juice
- 1/4 cup wheat germ
- 1/2 cup fruit (berries or a banana)

Directions:

Place all ingredients in a blender and blend on high speed until smooth. Pour into a glass and serve.

Nutrition Information:

This recipe makes 1 serving, which contains 338 calories, 3 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 146 mg sodium, 66 g carbohydrate, 8 g fiber, 34 g sugar, and 15 g protein.

Each serving also contains 12% DV vitamin A, 86% DV vitamin C, 31% DV calcium, and 16% DV iron.

Chef's Tips:

Use calcium-fortified orange juice for an extra nutritional boost.

Pour this smoothie into a travel cup for a quick breakfast on the go.



Cooking Lesson:

Here's another garde manger recipe. If you have an immersion blender, you can blend your smoothie in a mixing bowl or very large cup. Otherwise, I recommend using a regular blender.

Nutrition Lesson:

Wheat germ is a small piece of the wheat, usually found in the center of the grain. It is full of healthful nutrients and makes this smoothie a nutrition powerhouse. Wheat germ is a whole grain food, according to the USDA.