

Honey Bee and Carrot Flower

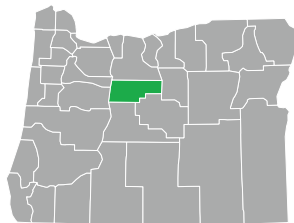
Carrot Peach Smoothie



Much of the carrot seed used to grow carrots across the United States comes from Jefferson County, Oregon. Enjoy this tasty smoothie recipe thinking about the honey bees of Oregon!

Ingredients

- 1 can (15 ounces) **peaches**, undrained*
- 1 cup **carrots** (frozen, cooked from fresh, or canned and drained)
- 1 medium **banana**, peeled (fresh or frozen)



Directions

1. Wash hands with soap and water.
2. Combine all ingredients in a blender or food processor, including juice from the canned peaches.
3. Blend until smooth and serve right away.
4. Refrigerate or freeze leftovers within 2 hours.

*Want to use fresh or frozen peaches instead? Use 1½ cups fresh or frozen peach slices and ½ to ¾ cup water or 100% fruit juice.

Visit FoodHero.org for more great-tasting smoothie recipes!



Makes 3 cups
Prep time: 5 minutes



| Nutrition Facts | |
|-------------------------------|--------------|
| 3 servings per container | |
| Serving size | 1 cup (208g) |
| Amount per Serving | |
| Calories | 130 |
| <small>% Daily Value*</small> | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 50mg | 2% |
| Total Carbohydrate 31g | 11% |
| Dietary Fiber 3g | 11% |
| Total Sugars 25g | |
| Includes 0g Added Sugars | 0% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 17mg | 2% |
| Iron 0mg | 0% |
| Potassium 301mg | 6% |
| Vitamin A 324mcg | 36% |
| Vitamin C 6mg | 6% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Recipe Math Challenge



The food truck is making summer lunches for 75 children. A smoothie will be served with each lunch. The recipe serves 3 children, so we will need to increase it! About how much of each of these ingredients do we need to buy to serve all the children tomorrow?

- 🌻 Cans of peaches _____
- 🌻 Cups of frozen carrots _____
- 🌻 Whole bananas _____