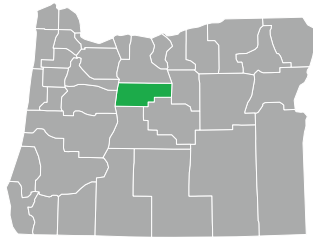




Honey Bee and Carrot Flower

Carrot Peach Smoothie

Much of the carrot seed used to grow carrots across the United States comes from Jefferson County, Oregon.



What does this recipe have in common with another recipe?



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. Try them as popsicles!

*Want to use fresh or frozen peaches instead? Use 1 1/2 cups fresh or frozen peach slices plus 1/2 to 3/4 cup water or 100% fruit juice.



Makes 3 cups
Prep time: 5 minutes

Recipe Math Challenge

The food truck is making free summer lunches for 75 kids and teens. A 1-cup smoothie will be served with each lunch. **About** how much of each of these ingredients do we need to buy?

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

Bonus: About how many cups of peaches and 100% fruit juice do we need to buy if we use fresh peaches?

Nutrition Facts

| | |
|-------------------------------|--------------|
| 3 servings per container | |
| Serving size | 1 cup (208g) |
| Amount per Serving | |
| Calories | 130 |
| % Daily Value* | |
| 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.