



Local

# PICK OF THE MONTH

March 2023

## Cheery Clementine

### Recipe

#### CREAMY CLEMENTINE SMOOTHIE

##### Ingredients

- 2 frozen bananas, peeled.
- 2 to 3 clementines, peeled.
- 1/2 cup Greek yogurt, plain or vanilla.
- 1/2 cup milk of your choice.
- 1 tsp vanilla extract (optional).

##### Directions

- Blend ingredients together in a blender until smooth. Add ice or additional liquid until desired consistency is reached.
- Serve and enjoy!

Yields 2, 8-ounce servings.

**Nutrition information per serving (using plain yogurt and 1% milk):**

230 calories, 2.5 g fat, 45 g carbohydrates, 10 g protein, 5 g fiber

Recipe adapted from [dearcissy.com](http://dearcissy.com).

#### What's so great about clementines?

- Sweet, juicy, easy to peel and typically seedless.
- Excellent source of vitamin C — just one fruit contains 60% of the recommended daily value.
- Low calorie and a good source of fiber.



#### What's the best way to eat clementines?

- As a convenient, ready to eat snack.
- Added to a salad, fruit parfait or smoothie.
- Use the zest to brighten up a dish or add to baked goods.

### Selection and preparation

<p><b>Selection</b></p> <p>Choose clementines that are shiny, firm and blemish free.</p>	<p><b>Storage</b></p> <p>Store at a room temperature for up to a week or in the refrigerator for two-to-three weeks.</p>
<p><b>Preparation</b></p> <p>Peel the rind off before using.</p>	<p><b>Cooking</b></p> <p>No cooking required.</p>



Samaritan Health Services

Building healthier communities together

have a **plant**<sup>®</sup>  
fruitsandveggies.org