

# Sunny C Delight No-Milk Shake

Ivy Larson - "Clean Cuisine"  
Palm Beach Post

## Servings: 1

1 orange, peeled and chopped  
1 kiwi fruit, peeled and chopped  
5 pitted dates  
1/2 cup frozen pineapple  
2 tablespoons hemp seeds  
1/2 cup water  
3 to 4 ice cubes

Place all of the ingredients except the ice in a high-powered blender. Process until smooth and creamy.

Add the ice and process again.

Drink chilled.

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Per Serving (excluding unknown items): 222 Calories; 1g Fat (2.3% calories from fat); 3g Protein; 57g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 3 1/2 Fruit.

## Beverages

### Per Serving Nutritional Analysis

Calories (kcal):	222	Vitamin B6 (mg):	.1mg
% Calories from Fat:	2.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	93.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	45mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%
Carbohydrate (g):	57g	<b>Food Exchanges</b>	
Dietary Fiber (g):	9g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	10mg	Vegetable:	0
Potassium (mg):	760mg	Fruit:	3 1/2
Calcium (mg):	89mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	0

Zinc (mg): trace  
Vitamin C (mg): 144mg  
Vitamin A (i.u.): 422IU  
Vitamin A (r.e.): 42 1/2RE

Other Carbohydrates: 0

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## Nutrition Facts

Servings per Recipe: 1

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### Amount Per Serving

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**Calories** 222 Calories from Fat: 5

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**% Daily Values\***

<b>Total Fat</b> 1g	1%
Saturated Fat trace	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrates</b> 57g	19%
Dietary Fiber 9g	35%
<b>Protein</b> 3g	
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<b>Vitamin A</b>	8%
<b>Vitamin C</b>	240%
<b>Calcium</b>	9%
<b>Iron</b>	5%

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\* Percent Daily Values are based on a 2000 calorie diet.