

Beverages

Cara Cara Orange Smoothies

Elinor Klivans - Special to The Washington Post
Palm Beach Post

2 cara cara oranges, peeled, seeded if necessary, and cut into chunks
6 ounces whole or low-fat vanilla yogurt
1/2 cup almond milk (dairy milk may take the place of the almond milk)
2 teaspoons light brown sugar
1/4 cup sweetened coconut flakes, shredded
1/4 teaspoon vanilla extract
2 cups ice cubes

In a food processor or blender, combine the oranges, yogurt, milk, brown sugar, coconut and vanilla extract. Puree until smooth.

Add the ice cubes. Puree to create a smooth, thick consistency.

Divide among individual glasses.

Serve right away.

Yield: 4 to 4 1/2 cups (3 or 4 ser

Per Serving (excluding unknown items): 114 Calories; 6g Fat (46.2% calories from fat); 1g Protein; 15g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 64mg Sodium. Exchanges: 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates.