



GOLDEN DOOR®

# BLOOD ORANGE SMOOTHIE

**YIELD: 1 SERVING**

## **INGREDIENTS**

- 1 banana, peeled and cut into quarters
- 4oz spring water
- 6 ice cubes
- 1 Tbsp Golden Door Wildflower Honey
- 2 Tbsp Golden Door Blood Orange Marmalade
- 1 Cup plain Greek yogurt

## **PREPARATION**

Place all ingredients in a blender and process until smooth.

Garnish with strawberries (optional)

*Nutrition per serving (without strawberries): 419 calories, 15 grams protein, 38 grams carbohydrate, 23 grams fat, 40mg cholesterol, 18 grams saturated fat, 74mg sodium, 13mg potassium, 38 grams sugar, .05grams dietary fiber.*