



Sustainable Solano
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE

Winter Citrus Smoothie

Ingredients:

1 cup freshly squeezed orange juice (from about 3 large oranges)

2 T. honey

1 - 2 t. fresh lemon or grapefruit juice

1 large ripe banana (frozen in advance, if you like – see below)

1/3 cup plain yogurt

Pinch of ground cinnamon

Optional: replace cinnamon with $\frac{1}{4}$ - $\frac{1}{2}$ t. finely grated fresh ginger

If freezing the banana, take off peel and place banana whole into a ziplock or other freezer bag/container. Freeze at least 4 hours, or overnight.

Place all ingredients into a blender jar and blend until smooth.

Makes about 2 cups.

Chef's Note: To help get the honey out of the measuring spoon, spread a thin coating of cooking oil on the spoon before adding the honey.

Buy local! Get produce for this recipe from small Solano County farms.

Visit <http://sustainablesolano.org/local-food/> for resources and information.