SHOPPING LIST

Awesome Orange Juice

- ◯ Oranges

First, check off the items you already have at home.

CUT

CUT

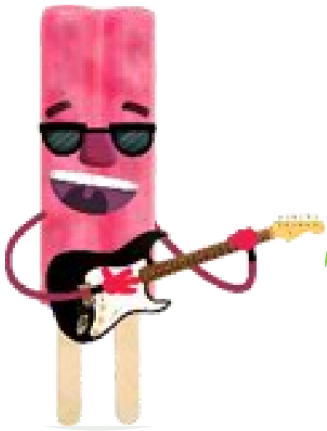
CUT

Freezerburn presents

DRINKS

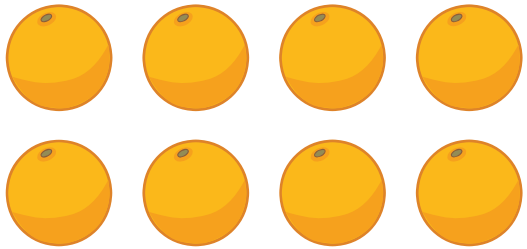
FIZZY'S LUNCH LAB

Awesome Orange Juice



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	4
YES	Less than 30 min.	Easy	

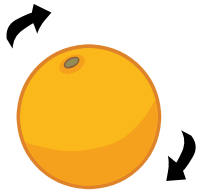
YOU WILL NEED



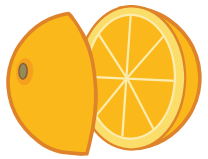
8 oranges, such as Valencia

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!



STEP 1: Using the palm of your hand, roll the oranges across a counter top or table top to soften them for juicing.



STEP 2: Cut the oranges in half (through the middle not the stem end) and remove any seeds that you can see.

STEP 3: Working over a medium bowl, insert a citrus reamer into the flesh of the orange and squeeze the orange simultaneously to release its juice. Remove any seeds, and strain if you prefer pulp-free juice. Transfer the juice to a pitcher and serve immediately.

Nutrition Facts

Serving Size 1 cup (8 ounces) (249g)
Servings Per Container

Amount Per Serving	
Calories 110	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Sugars --g	
Protein 2g	

Vitamin A 8% • Vitamin C 180%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4