

SHOPPING LIST

Awesome Orange Juice

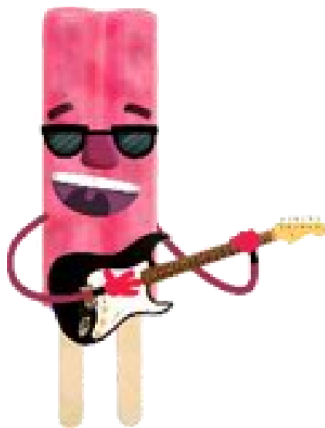
Oranges

Freezerburn
presents

DRINKS



Awesome Orange Juice



VEGETARIAN



YES

TIME



Less than 30 min.

DIFFICULTY

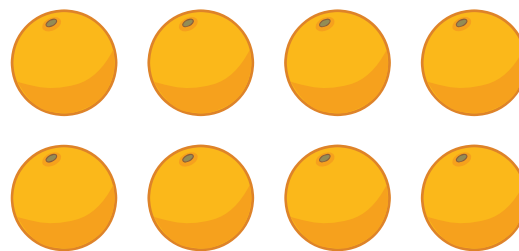


Easy

SERVES



YOU WILL NEED



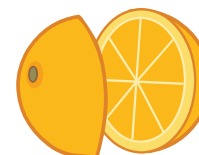
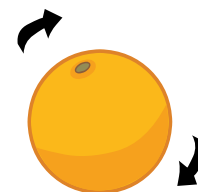
8 oranges, such as Valencia

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



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.

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Nutrition Facts

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

Amount Per Serving

Calories 110

Total Fat 0.5g

Saturated Fat 0g

Trans Fat 0g

Sodium 0mg

Total Carbohydrate 25g

Dietary Fiber 0g

Sugars --g

Protein 2g

Vitamin A 8%

Calcium 2%

Total Fat 0.5g

Saturated Fat 0g

Trans Fat 0g

Sodium 0mg

Total Carbohydrate 25g

Dietary Fiber 0g

Sugars --g

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Sodium 0mg

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Sugars --g

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