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## OrangeBerry Julius Original

OrangeBerry Julius Original is a refreshing and creamy beverage made with oranges and berries. It is a popular drink enjoyed during the summer months. The combination of citrusy oranges and sweet berries creates a delicious and tangy flavor. This recipe is not vegan or vegetarian.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

<b>300 g</b>	oranges
<b>200 g</b>	Mixed Berries
<b>500 ml</b>	milk
<b>50 g</b>	sugar
<b>100 g</b>	Ice

# Directions

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## Step 1

Cut

Peel and segment the oranges.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Blender

Add the oranges, mixed berries, milk, sugar, and ice to a blender.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Blender

Blend until smooth and creamy.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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# Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 4 g

**Protein:** 5 g

**Carbohydrates:** 35 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	5 g	13.16%	20%
Sugars	25 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	4 g	14.29%	16%
Cholesterol	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	15 mg	1.5%	1.5%
Iron	4 mg	50%	22.22%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Thanksgiving Wedding Valentine's Day Mother's Day  
 Father's Day New Year Anniversary Baby Shower Bridal Shower  
 Graduation Barbecue Picnic

### Cuisines

Italian Chinese Indian French Thai

### Meal Type

Lunch Snack Supper

### Difficulty Level

Easy

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