



PACK YOUR KID'S DIET WITH THE AMAZING POWER OF FLORIDA OJ

THE SAME THINGS THAT MAKE FLORIDA THE PERFECT VACATION DESTINATION ALSO MAKE FLORIDA CITRUS TASTE AMAZING.

Florida's unique sandy soil, subtropical climate, abundant sunshine and ample rainfall produce the perfect growing conditions to create the most flavorful and juiciest oranges in the world. Over 90% of Florida's scrumptious oranges go to make Florida Orange Juice. The entire family can enjoy the amazing taste of Florida Orange Juice and feel good about drinking it because it is packed with the nutrients your body needs.



An 8oz glass of **100% Orange Juice** counts as **1 CUP OF FRUIT***

and is a great way to **increase fruit intake** for the day

*according to the 2015 Dietary Guidelines for Americans



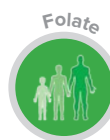
100% Orange Juice has **NO ADDED SUGAR**

The delicious taste of OJ is **NATURALLY OCCURRING**

EXCELLENT SOURCE FOR



GOOD SOURCE FOR



And, there's more **AMAZING** packed inside.

Vitamin B6
Niacin
Vitamin A
Magnesium



*Nutrients of Public Health Concern

100%
orange
juice

CONTAINS A NUMBER OF PHYTONUTRIENTS

the primary one being the **flavanone hesperidin** which may have...



Anti-inflammatory properties



Cardiovascular benefits



Other health benefits

HAVE SOME KID-FRIENDLY FUN IN THE KITCHEN

Enjoy fun and wholesome family time in the kitchen. With just a few healthy ingredients, including Florida Orange Juice, you can whip up some quick treats the whole family will love.



FLORIDA ORANGE JUICE FREEZER POPS

INGREDIENTS

1½ cups **Florida Orange Juice** 1½ cup vanilla yogurt
1 tbsp. sugar ½ tsp. vanilla extract
Freezer-pop molds

PREPARATION

Whisk Florida Orange Juice, vanilla yogurt, sugar and vanilla extract in a medium bowl. Pour mixture into freezer-pop molds. Place the mold in freezer for at least six hours, or until firm. Dip the molds briefly in hot water before unmolding. Makes 6 Servings

Helpful Tip: We like to use freezer-pop molds which have the plastic sticks already inserted. Makes for easy clean up.

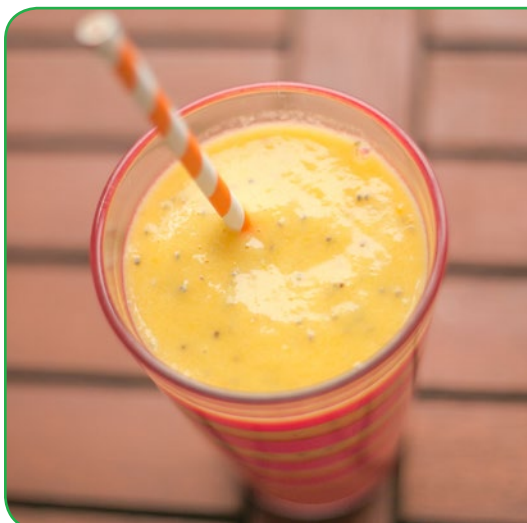
FLORIDA OJ BLUEBERRY MUFFIN

INGREDIENTS

1 cup **Florida Orange Juice** 3 cups all-purpose unbleached flour
1 cup sugar 1 tablespoon baking powder
1 teaspoon salt ½ teaspoon baking soda
2 eggs ½ cup unsalted butter, melted
1 cup blueberries, fresh or frozen Cupcake liners

PREPARATION

Preheat to 375°F. In large mixing bowl, sift together flour, sugar, baking powder, salt and baking soda. In second mixing bowl, whisk together Florida Orange Juice, eggs and melted butter. Add the Florida Orange Juice mixture to the flour mixture; stir just until combined. Gently fold in blueberries. Line muffin pan with cupcake liners; fill two-thirds full with batter. Bake for 20 minutes or until a toothpick inserted in center comes out clean. Remove muffins to wire rack to cool. Makes 14 Servings



SUNBURST ORANGE SMOOTHIE

INGREDIENTS

1 cup **Florida Orange juice**
1 banana
1 – 1½ cup frozen fruit (your choice)
1 tablespoon flax or chia seeds

PREPARATION

Blend ingredients until smooth and creamy. Serve in a glass and enjoy!

Makes 4 Servings

