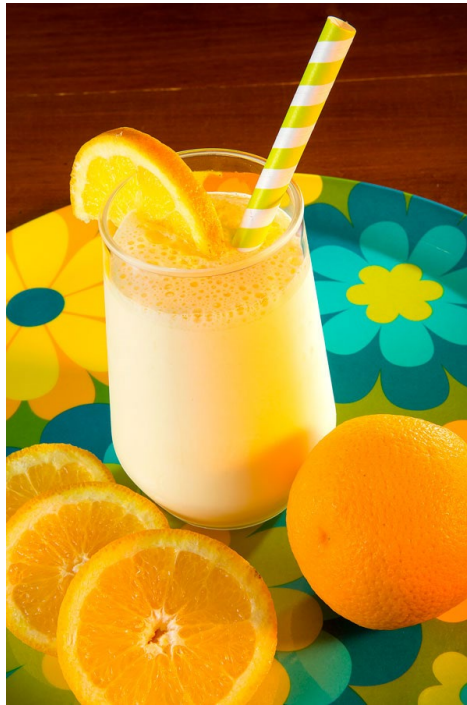


Orange Slushie

8 servings

Adults should aim for 3 servings from the dairy group each day. Try to choose low-fat or fat-free dairy foods, such as 1% or skim milk and low-fat or fat free cheese and yogurt.



- 1 (12 ounce) can frozen orange juice
- 2 cups low-fat milk
- 8 ice cubes
- 1 cup water
- 1 teaspoon vanilla

1. Wash hands with soap and water.
2. Place all ingredients in a blender and process on high until smooth.
3. Serve immediately.

Nutrition Information per Serving: (1/8 of recipe) Calories 90, Total Fat 0.5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 30mg, Total Carbohydrate 19g, Dietary Fiber 0g, Protein 3g, Vitamin A 6%, Vitamin A 100%, Calcium 8%, Iron 0%.