

Creamsicle Smoothie

Ingredients

- 1 cup milk, skim
- 1 (6-oz) vanilla yogurt, low-fat
- 1/3 cup orange juice concentrate, frozen, calcium-fortified
- 1/4 tsp vanilla
- 5 ice cubes



A creamy blend of sweet orange and cool yogurt to quench any thirst on a hot summer day.

Directions

Combine milk, yogurt, orange juice concentrate and vanilla extract in blender.

Blend 15 seconds to combine ingredients. Add ice cubes and blend about 20 seconds to crush ice. Serve immediately.

Yield 2 servings

Nutritional Information

Calories 198, Fat 1.5g, Carbohydrates 38g, Cholesterol 3mg, Sodium 128mg, Fiber 1.5g, Protein 10g

