

Orange Freeze



Makes 4 servings.
1¼ cups per serving.

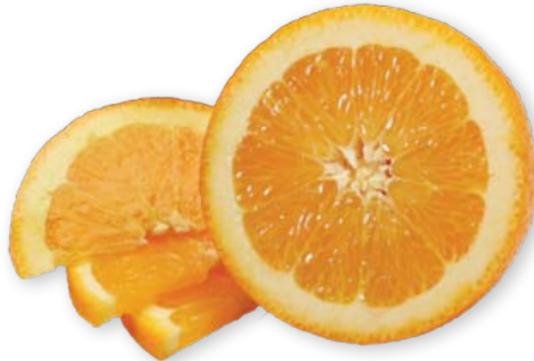
Ingredients

- 1 cup 100% orange juice
- 10 ice cubes
- 1 cup 1% lowfat or nonfat milk
- 1 teaspoon vanilla extract
- 2 cups drained, canned mandarin oranges

Prep time:
5 minutes

Preparation

1. Place all ingredients in a blender container.
2. Blend until mixture is smooth.
3. Pour into four glasses and serve.



Nutrition information per serving:

Calories 91, Carbohydrate 18 g,
Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 3 mg, Sodium 33 mg,
Added Sugars 0 g