ORANGE JULIUS

SERVES 4

Preparation time: 10-15 minutes

INGREDIENTS

6 ounces non-fat or low-fat vanilla yogurt
(approximately ¾ cup)
¾ cup frozen orange juice concentrate
2½ cups skim milk
10 ice cubes

DIRECTIONS

1. Place all ingredients in a blender. Blend until smooth.
2. Serve immediately.

WAYS FOR KIDS TO HELP

• CHILDREN CAN measure out and “dump” ingredients.
• CHILDREN CAN operate the blender.