

# Fruit Smoothies

## ORANGE SMOOTHIE

Serves 4

1½ cups milk, skim or 1%  
1 6-ounce can frozen orange juice concentrate  
1½ cups cold water

1. Pour milk into blender (or deep bowl).
2. Add orange juice concentrate and water.
3. Blend (or beat with an egg beater) until mixture is foamy.
4. Pour into glasses and serve immediately.

**Nutrition Facts:** Serving size: 1 cup; Calories: 110  
Fruits and Vegetables: ¼ serving; Fat: 0 g; Fiber: 0 g

## STRAWBERRY SMOOTHIE

Serves 4

1 quart milk, skim or 1%  
8 ounces frozen strawberries  
(½ of a 16-ounce bag)  
1 tablespoon sugar

1. Pour ingredients into blender. Blend until mixture is smooth.
2. Pour into glasses and serve immediately.

**Nutrition Facts:** Serving size: 1 cup; Calories: 130;  
Fruits and Vegetables: 1 serving; Fat: 0.5 g; Fiber: 1 g

## POWER SMOOTHIE

Serves 4

2 cups milk, skim or 1%  
1 frozen banana, peeled and sliced  
1 teaspoon vanilla extract  
¼ cup chocolate syrup

1. Pour ingredients into blender. Blend until mixture is smooth.
2. Pour into glasses and serve immediately.

**Nutrition Facts:** Serving size: about ¾ cup; Calories: 130;  
Fruits and Vegetables: ½ serving; Fat: 0.5 g; Fiber: 1 g

