Frozen Monkey Shakes
Makes 2 Servings

2 bananas, peeled
1 cup low-fat milk
5 Tbsp frozen orange juice concentrate
3 Tbsp malted milk powder (optional)

1. Wrap bananas in plastic wrap; freeze.

2. Break bananas into pieces; place in blender with milk, orange juice concentrate and malted milk powder.

3. Blend until smooth.