

## Orange Slushie

8 Servings

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Adults should aim for 3 servings from the dairy group each day. Try to choose low-fat or fat-free dairy foods, such as 1% or skim milk and low-fat or fat free cheese and yogurt.

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- 1 (12 ounce) can frozen orange juice
- 2 cups low-fat milk
- 8 ice cubes
- 1 cup water
- 1 teaspoon vanilla

1. Wash hands with soap and water.
2. Place all ingredients in a blender and process on high until smooth.
3. Serve immediately.

**Nutrition Information per Serving (1/8 of recipe):** Calories 100, Total Fat 0.5g, Saturated Fat 0g, Cholesterol 5mg, Sodium 25mg, Total Carbohydrate 20g, Dietary Fiber 0g, Sugars 18g, includes 0g Added Sugars, Protein 3g, Potassium 8%, Vitamin D 6%, Calcium 30%, Iron 0%.