

Orange Smoothies

- 1 quart (4 cups) vanilla frozen yogurt, slightly softened
- 1/2 cup frozen orange juice concentrate, thawed
- 1/4 cup milk
- Orange slices, if desired

1. Place yogurt, juice concentrate and milk in blender. Cover and blend on medium speed about 45 seconds, stopping blender occasionally to scrape sides, until thick and smooth.
2. Pour mixture into 4 glasses. Garnish with orange slices.

Per Serving: Calories 260 (Calories from Fat 20); Total Fat 2g (Saturated Fat 2g, Trans Fat ncg); Cholesterol 10mg; Sodium 120mg; Total Carbohydrate 51g (Dietary Fiber 0g, Sugars ncg); Protein 10g

Percent Daily Value*: Vitamin A 4%; Vitamin C 84%; Calcium 32%; Iron 0%

Exchanges: 2 1/2 Fruit; 0 Other Carbohydrate; 1 Skim Milk; 0 Vegetable

Carbohydrate Choices ncg

*Percent Daily Values are based on a 2,000-calorie diet.

www.BettyCrocker.com