

Are We There Yet?

Creamy Orange Julius

½ cup fresh orange juice

½ cup skim milk or other milks (be aware of caloric/fat increases)

2 TBS. Honey

½ Tsp. Vanilla

1 cup ice cubes

Place all ingredients in a blender that chops ice well.

Blend until smooth, creamy.

Nutrition Facts

Servings: 2

Amount per serving

Calories **117**

% Daily Value*

Total Fat 0.1g **0%**

Saturated Fat 0g **0%**

Cholesterol 1mg **0%**

Sodium 34mg **1%**

Total Carbohydrate 26.9g **10%**

Dietary Fiber 0.2g **1%**

Total Sugars 25.6g

Protein 2.5g

Vitamin D 0mcg **2%**

Calcium 77mg **6%**

Iron 1mg **5%**

Potassium 231mg **5%**