



July 8- Orange Cow

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/orange-cow>

Recipe

Ingredients:

- 16 ounce can frozen orange juice
- 2 cups water
- 1 teaspoon vanilla
- 1/3 cup milk
- 1 cup ice

Directions:

1. Place all ingredients in blender or food processor.
2. Secure lid and blend until smooth. Serve immediately.

Yield 3 servings

Nutrition Facts

Serving Size 1 cup (24g)
Servings Per Container 3

Amount Per Serving

Calories 40 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 8g **3%**

Dietary Fiber 0g **0%**

Sugars 7g

Protein 3g **5%**

Vitamin A 4% • Vitamin C 8%

Calcium 10% • Iron 0%

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