



## 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.