



MILK SMOOTHIE #2



Yield: 4 cups

Ingredients:

- 1 cup 100% frozen juice concentrate
- ½ cup nonfat powdered milk
- 1 cup fresh fruit
- 2 cups ice

Directions:

1. In a blender, ADD juice and gradually BLEND in powdered milk.
2. ADD fruits and BLEND.
3. To prevent spillovers, DO NOT pass the top line of blender.
4. BLEND while gradually ADDING ice. SERVE.

Variations:

Use fresh, frozen, or canned fruits.

Use only 100% fresh, frozen, or canned juices.

Liquid/fluid milk may be used (1 cup) in place of powdered milk. Reduce ice to 1 cup.

Nutrition Facts

Serving Size 1 cup (170g)
Servings Per Container 4

Amount Per Serving

Calories 170 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 1 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0mg 1 %

Sodium 50mg 2 %

Total Carbohydrate 38g 13 %

Dietary Fiber 1g 5 %

Sugars 35g

Protein 5g

Vitamin A 10% • **Vitamin C** 180%

Calcium 15% • **Iron** 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.