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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 0g</td>
<td>1%</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>1%</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Sodium 50mg</td>
<td>2%</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 38g</td>
<td>13%</td>
<td>13%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>5%</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Sugars 35g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 5g</td>
<td></td>
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</tbody>
</table>

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.

Total Fat Less than 60g 5g
Saturated Fat Less than 20g 2g
Cholesterol Less than 300mg 30mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 100g
Dietary Fiber 25g 30g

Calories per gram: Fat 9 Carbohydrate 4 Protein 4

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