



Orange Julius

Ingredients

- 1 cup 1% milk
- 1 (6-ounce) can frozen orange juice concentrate
- 1 cup cold water
- 8 ice cubes

Makes 4 servings

Instructions

1. Place all ingredients in a blender; cover.
2. Blend until ice cubes are crushed.
3. Serve immediately.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 4

Amount Per Serving

Calories 100 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 40mg **2%**

Total Carbohydrate 22g **7%**

Dietary Fiber 0g **0%**

Sugars 19g

Protein 3g

Vitamin A 2% • Vitamin C 90%

Calcium 10% • Iron 0%

*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

5% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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