

# Orange Cow

Makes: 3 servings

## Ingredients

**16 ounces** orange juice (frozen)

**2 cups** water (cold)

**1/3 cup** milk (non-fat, dry)

**1 teaspoon** vanilla

**1 cup** ice (or more)

## Directions

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

## Notes

Substitute 1 cup milk and 1 cup water for 2 cups water and ? cup nonfat dry milk

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>170</b>
<b>Total Fat</b>	<b>0 g</b>
Saturated Fat	0 g
Cholesterol	5 mg
<b>Sodium</b>	<b>80 mg</b>
<b>Total Carbohydrate</b>	<b>34 g</b>
Dietary Fiber	1 g
Total Sugars	34 g
Added Sugars included	N/A
<b>Protein</b>	<b>7 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available