

# Orange Smoothie

Did you ever think of putting milk and orange juice together? It's a great new taste.

## You need:

- 1 1/2 cups fat free milk
- 12 ounce can of frozen orange juice concentrate, softened
- 1 1/2 cups water
- 1 1/2 teaspoons vanilla (optional)

## Equipment:

- clear measuring cup
- large bowl
- measuring spoons
- egg beater

1. Pour the milk in a large bowl.
2. Add the other ingredients.
3. Using a hand eggbeater, mix well until the mixture is foamy.
4. Serve at once.



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