

## Orange smoothie



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

### **About this recipe**

Serves

4

Serving size

1/4 of prepared recipe

Time to make

10 minutes preparation

Special criteria

[Vegetarian recipes](#)

## Ingredients

- 1 6-ounce can frozen orange juice concentrate
- 1 cup milk
- 1 cup water
- 1/2 teaspoon vanilla extract

## Directions

1. Put all ingredients into blender or jar with cover.
2. Blend or shake in jar until smooth. Serve cold.
3. Refrigerate leftover. (Standing will cause ingredients to separate. Shake to re-blend.)

## Tips and variations

- Substitute 4 ice cubes plus 1/2 cup water for the 1 cup of water to make a thick "slush".
- Substitute pineapple, pineapple/orange juice or other flavors of 100% frozen fruit juices for the orange juice concentrate.
- Substitute yogurt or soymilk for milk.
- Preparing food for others can be a way to show caring. Let a younger child help you prepare this as an after-school snack for an older brother or sister.

## Nutritional info

Calories

95

Total fat

0.7 g

Saturated fat

0.4 g

Cholesterol

3 mg  
Sodium  
31 mg  
Total carbohydrates  
19.3 g  
Dietary fiber  
0.3 g  
Protein  
3.1 g  
Total sugar  
19.2 g  
Allergens  
Dairy

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