Creamy Orange Smoothies

1 ½ c. low-fat or skim milk

6 oz. can frozen orange juice concentrate, softened

1 ½ c. water

POUR milk into a large, deep bowl or electric blender jar.

ADD orange juice conentrate and water.

MIX with hand egg beater or blender until foamy.

SERVE immediately.

![C:\Users\bzeileng\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\N1HO8OF9\MC900413538[1].wmf]()Makes 3 ½ cups. ENJOY! ☺