

# Orange Cow

## Ingredients

- orange juice (frozen, 1 6 oz. can)
- 2 cups water (cold)
- 1 teaspoon vanilla
- 1/3 cup milk (nonfat, dry)
- 1 cup ice (more)

## Instructions

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



Yields 3 servings / Rinde 3 porciones

Serving size / Tamano porcion

1/4 cup / 1/4 taza

Cost / Precio

Per recipe: \$2.02

Per serving: \$0.25

# Naranja en Leche

## Ingredientes

- Jugo de naranja congelado (o en lata de 1 6 onzas)
- 2 tazas agua fría
- 1/3 taza leche en polvo sin grasa
- 1 taza hielo

## Instrucciones

1. Ponga todos los ingredientes en la licuadora o en la procesadora de alimentos .
2. Asegure la tapa y licue hasta que quede homogéneo .  
Sirva inmediatamente .

<b>Nutrition Facts</b>	
Serving Size 8 ounces (319g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories</b> 170	<b>Calories from Fat</b> 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 34g	
<b>Protein</b> 7g	
Vitamin A 10%	• Vitamin C 160%
Calcium 20%	• Iron 2%
*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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4