

November 2007

Orange Cream Smoothie

½ cup skim milk

½ cup orange juice

3 tbsp. fat-free, sugar-free vanilla instant pudding mix

1 cup crushed ice

Blend all ingredients in a blender. Add a little water if consistency is too thick.. Pour into a large glass and serve with a straw.

Total Calories: 133

Total Carbs: 26 g

Total Fat: 1 g

Total Protein: 5 g

