

Mighty Milk

Ingredients:

- 8 ice cubes
- 2 cups 1% low-fat milk
- 2 bananas, mashed
- 4 tablespoons orange juice,
frozen concentrate

Equipment:

- Measuring cups
- Measuring spoons
- Blender or jar with top

Number of Servings: 6
 Preparation Time: 10
 minutes
 Total time: 10 minutes

Directions

1. Put all ingredients in a blender. If no blender is available, place in a jar with closed lid.
2. Blend for 20 seconds or shake in jar till well mixed.
3. Serve in a frosty glass.



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Nutrition Facts

Serving Size: 1 cup	
Servings: 6	
Amount Per Serving	
Calories 89	Calories from Fat 9
%Daily Value*	
Total Fat 1g	2%
Saturated Fat 1g	2%
Cholesterol 3mg	1%
Sodium 3mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Protein 3g	7%
Vitamin A 5%	Vitamin C 37%
Iron 1%	Calcium 11%
*Percent Daily Values are based on a 2,000 calorie diet.	

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