

Beverages

Orange-Raspberry Smoothies

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Servings: 4

Start to Finish Time: 10 minutes

2 cups low-fat milk

4 tablespoons orange juice concentrate, thawed

1 cup raspberries

2 tablespoons honey

6 ice cubes

raspberries or banana slices for garnish

In a blender, combine the milk, orange juice concentrate, raspberries, honey and ice cubes.

Blend until smooth.

Pour into four tall glasses.

Garnish each glass with berries or bananas.

Per Serving (excluding unknown items): 48 Calories; trace Fat (2.9% calories from fat); trace Protein; 12g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Fruit; 1/2 Other Carbohydrates.