**Orange Julius**

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*Ingredients:*

6 oz can frozen Orange Juice

¼ cup Sugar

1 cup Milk

1 tsp. Vanilla

1 cup Water

10 Ice Cubes

*Directions:*

Place orange juice, sugar, milk, vanilla, and water in a blender. Place lid on blender container. Blend on medium speed for 30 seconds. Remove insert from lid. Add one ice cube at a time while blender is running. Blend for 1-2 minutes. Pour into Dixie Cups.

**Peachie Keen Smoothie**

*Ingredients:*

1 can peaches in natural juice, undrained

2 cups plain yogurt

½ cup milk

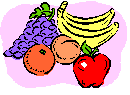
¾ ice

1 medium banana, peeled and broken into chunks

*Directions:*

Reserve ½ cup of peach juice. Drain peaches. Place yogurt, reserved juice, and milk in a blender, cover. Blend until smooth. Add peaches, ice, and banana. Blend until smooth. Pour into Dixie Cups.

**Sensational Smoothie**

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*Ingredients:*

1 cup milk

1 cup vanilla yogurt

½ cup frozen fruit

½ banana, peeled and broken into chunks

1 T honey

5 ice cubes

*Directions:*

Place all ingredients in blender. Blend until smooth. Pour into Dixie Cups

**Choco-nana Smoothie**

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*Ingredients:*

1 cup low fat chocolate milk (regular milk with choc sauce added)

1 medium banana, peeled and broken into chunks

1 cup chocolate low fat frozen yogurt

1 T chocolate syrup

*Directions:*

Peel banana, break into chunks in blender container. Add milk, yogurt, and chocolate syrup. Cover. Blend until smooth. Pour into Dixie Cups

**Pumpkin Pie Smoothie**

*Ingredients:*

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½ cup yogurt

¼ tsp cinnamon

¼ tsp pumpkin spice

½ cup milk

2 T pure maple syrup

2/3 cup pumpkin puree

1 cup ice

Whipped Cream (optional)

*Directions:*

Add all ingredients to the blender in the order listed above. Blend for 3 minutes until smooth. Scrape down sides of blender when needed. Pour into Dixie Cups. Top with whipped cream (optional)