Peachy Orangeroo Smoothie

Ingredients:

42 oz. Fat-free or low-fat white milk
84 oz. Low-fat vanilla yogurt
21 oz. Orange juice
42 oz. Canned peaches, sliced, frozen

Yield/Number of Portions:
190oz/ 31 – 6 ounce smoothies

Directions:

1 Place all ingredients in blender
2 Pulse until smooth
3 Pour into cups
4 Refrigerate until service
5 Hold for cold service at 41°F or below

Recipes provided by:
www.WesternDairyAssociation.org

Orangeroo Smoothie

Nutritional Analysis

Calories	74
Protein	6 gms
Fat	trace
Sodium	80 mgs
Calcium	20% daily value
Fiber	trace