ORANGE SMOOTHIE   
YIELD: 3 servings

INGREDIENTS:   
-1/2 c water   
- 1/2 c milk   
- 1/3 c sugar   
-2/3 c orange juice concentrate (overflow)   
- 1 tsp vanilla   
=2 c ice cubes

DIRECTIONS:   
1. Put everything in a blender except ice.   
2. Blend on high and gradually add ice until smooth. (To use dry milk: change water to 1 c and use 1/4 c instant dry milk instead of regular milk)