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)