

Orange Low Fat Milk Shake

2 cups skim milk
1 small package of sugar free orange Jell-O
1 cup vanilla ice cream

Place all ingredients into a blender. Cover and blend until smooth.

Banana Smoothie

(serves 2)

1/2 cup milk
1 banana
1/4 cup plain or fruit yogurt
1 teaspoon honey
1-2 scoops vanilla ice cream or yogurt
Place all ingredients in blender; blend until SMOOTH! Pour into chilled glass and serve.

Morning Sunrise

(serves 1)

1 Banana, peeled and sliced
1/2 cup of strawberries
1/2 cup of orange juice
A handful of ice cubes
Place all ingredients in blender and blend until smooth.

STRAWBERRY-BANANA SMOOTHIE

Half of a banana
1 c. strawberries
Milk (as much as you want for the smoothie)
1 ice cube
1 tsp. sugar (or no sugar, or more sugar)
You'll need: a blender - get out blender and put in half of banana, strawberries, ice cube, and milk. Also optional sugar. Blend for a few minutes until smooth. Enjoy!

CHOCOLATE MINT SMOOTHIES

2 c. milk, divided
1/4 c. instant cocoa mix
1/2 tsp. vanilla extract
1/8 tsp. peppermint extract
1 pt. vanilla ice cream

Heat 1/2 cup milk just until hot. Combine hot milk and cocoa mix in container of electric blender. Process until smooth. Add remaining 1 1/2 cups milk, vanilla and peppermint, blend well. Add ice cream and process until mixture is smooth. 4 cups.

Fuzzy Banana Navel

(serves 4)

Ingredients
2 medium bananas quartered
1 pint orange sorbet or 2 cups orange sherbet, slightly softened
1 cup Mandarin Tangerine juice
Combine bananas, sorbet and juice in blender container. Blend until thick and smooth. Garnish with orange slices and curls. Serve immediately.

LOWFAT SMOOTHIE/SHAKE

Bananas or any other fruit
Skim milk
honey (optional for added sweetness)
Before hand, peel and freeze bananas in a plastic bag. When you are ready, put 8 oz. of slim Milk in a blender; Add Bananas (1 is enough for a smoothie, 2 for a shake); Blend until smooth; Pour into a cup and enjoy! You can use any type of fresh fruit: Strawberries, apples, or oranges, the possibilities are endless!

EASY ORANGE SMOOTHIE

1 small can frozen orange juice(or half regular size can)
1 cup skim milk
1 cup water
1 tsp. vanilla
1/4 cup sugar
14 crushed ice cubes

Place all ingredients in blender. Blend until smooth.