

### **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.