

Orange Julius

1 6-ounce can frozen concentrated orange juice
1 cup milk (whole or low-fat)
1 cup water
1 teaspoon vanilla extract
1/4 cup granulated sugar
8 ice cubes

Place ingredients in blender and add ice cubes one at a time. Blend until frothy. Servings:
2 to 3.

Variation: Substitute two cups of fresh strawberries for the orange juice to make a Strawberry Julius. You can also substitute 2 tablespoons honey for the sugar.