

Strawberry Orange Julius

A creamy strawberry orange smoothie with milk and a hint of vanilla

Yield:

2-3 servings

Ingredients:

3 ounces frozen orange juice concentrate

1/2 cup milk*

1/2 cup water

2 tablespoons sugar

1 teaspoon vanilla extract

1/2 banana, optional

1 cup frozen strawberries

6 regular-sized ice cubes (or until desired consistency)

Instructions:

1. Blend together orange juice concentrate, milk, water, sugar, vanilla, and banana (if using) for 1 minute.
2. Add strawberries and blend for a couple minutes, until smooth.
3. Add ice cubes to blender, one at a time, blending after each one until smooth. You don't want chunks of ice in your smoothie! ☐



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This recipe is from Tammy's Recipes.