



recipe box

RISE & SHINE SMOOTHIE

Tools & Utensils

- Measuring spoons; measuring cups; blender

Ingredients

- 6 oz. can frozen concentrated orange juice; 1 cup milk; 1 cup water; $\frac{1}{4}$ cup sugar; 1 tsp. vanilla extract; 8 ice cubes

Directions

1. Fill blender with all ingredients, except ice cubes.
2. Blend, adding ice cubes one at a time, until smooth.
3. Pour into a tall glass, serve and enjoy!