



early childhood community development centre

Sunny Orange Shake

Ingredients - makes 1 serving

- $\frac{3}{4}$ cup vanilla-flavored lower-fat yogurt
- 2 tbsp skim milk powder
- $\frac{1}{2}$ cup orange juice

Directions

1. In a blender combine yogurt, skim milk powder, and orange juice, blend until smooth

Source: Dietitians of Canada: Great Food Fast By: Bev Callaghan, RD, and Lynn Roblin, RD
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