
Orange Dream Shakes

Publix Aprons

Servings: 4

Start to Finish Time: 5 minutes

3 to 4 large oranges (for juice)

3 tablespoons orange blossom honey

1 cup ice cubes

3 cups vanilla ice cream

Squeeze the oranges for their juice. (1-1/2 cups).

Add to a blender (in this order): orange juice, honey, ice cubes and ice cream.

Process until smooth.

Serve.

Beverages

Per Serving (excluding unknown items): 199 Calories; 11g Fat (47.7% calories from fat); 3g Protein; 23g Carbohydrate; 0g Dietary Fiber; 44mg Cholesterol; 81mg Sodium. Exchanges: 2 Fat; 1 1/2 Other Carbohydrates.