

Dessert

Orange Dreamsicle Milkshake

Alison Ladman - For The Associated Press
Palm Beach Post

Servings: 2

Start to Finish Time: 10 minutes

1 cup orange sorbet (mango also is good)

1/2 cup low-fat cottage cheese

1/2 teaspoon vanilla extract

1/2 cup fat-free half-and-half

In a blender, combine all of the ingredients.

Blend until smooth. If you prefer a thinner consistency, drizzle in additional half-and-half while the blender is running until you get the desired consistency.

Serve immediately.

Per Serving (excluding unknown items): 3 Calories; 0g Fat (0.0% calories from fat); 0g Protein; trace Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .