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# Bonnie`s Orange Juliana

*Bonnie Welch and Deanna White*

*Kitchen Keepsakes - Castle Rock, CO - 1989*

**1/3 cup frozen orange juice concentrate**

**1/2 cup milk**

**1/4 cup sugar**

**1/2 cup water**

**1/2 teaspoon vanilla**

**2 scoops vanilla ice cream**

Combine all of the ingredients in a blender. Blend until smooth.

(The beverage may be made the day before and kept in the refrigerator.)

Yield: 3 cups

## **Beverages**

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*Per Serving (excluding unknown items): 675 Calories; 19g Fat (24.4% calories from fat); 11g Protein; 120g Carbohydrate; 1g Dietary Fiber; 75mg Cholesterol; 172mg Sodium. Exchanges: 2 Fruit; 1/2 Non-Fat Milk; 3 1/2 Fat; 5 1/2 Other Carbohydrates.*