

Dreamsicle Smoothie

Chef Alyssa - Aldi Test Kitchen
www.aldi.com

Servings: 4

*12 ounces frozen orange
juice from concentrate*
8 ounces vanilla ice cream
*8 ounces vanilla nonfat
yogurt*
4 ounces milk
4 ounces ice

Place all of the items in a blender.

Blend for 3 minutes or until smooth.

Per Serving (excluding unknown items): 131 Calories; 7g Fat (47.9% calories from fat); 3g Protein; 15g Carbohydrate; 0g Dietary Fiber; 29mg Cholesterol; 60mg Sodium. Exchanges: 0 Non-Fat Milk; 1 1/2 Fat; 1 Other Carbohydrates.