

# Strawberry-Orange Shake

16-oz Frozen, whole strawberries

1 Can (6-oz) frozen orange juice concentrate, slightly thawed

2 Cups skim milk

1 Cup nonfat vanilla yogurt

Chop berries in blender or food processor. Add juice concentrate, puree. Add milk and yogurt blend.  
Serves 6 (134 Calories, 0 Grams Fat)