

National Network For Child Care (nccc.org)

ORANGE FROSTY

1/2 cup frozen orange-juice concentrate
1 cup milk or plain yogurt
1 teaspoon sugar, optional
4 to 5 ice cubes

Place all ingredients in a blender or food processor and blend. Makes four 1/2-cup servings.

For variation, add a ripe banana, a ripe peach, or a cup of fresh strawberries.