



Dart's Dish on healthy eating!

Swing's Orange Shake

Ingredients: 1/4 cup orange juice concentrate, 1 cup low fat milk, 2 tsp sugar, 1 ripe banana

Directions: In a blender, combine all ingredients and blend until smooth. Makes two cups.

Modification: Substitute sugar with honey, Stevia, or other fruits. Combine pineapple concentrate or use only pineapple concentrate.



**Good Source
of Vitamin C**

FAMILY ENGAGEMENT