Ingredients
1 cup 100% orange juice
10 ice cubes
1 cup 1% lowfat or nonfat milk
1 teaspoon vanilla extract
2 cups drained, canned mandarin oranges

Preparation
1. Place all ingredients in a blender container.
2. Blend until mixture is smooth.
3. Pour into four glasses and serve.

Nutrition information per serving:
Calories 91, Carbohydrate 18 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 33 mg, Added Sugars 0 g