

# Strawberry Strength Orange Julius: Session 3

*A great way to start your day strong!*

*Makes 2-4 servings*

## Ingredients:

- 1/2 can frozen orange juice concentrate (about 6 oz.)
- 1 cup of cut up strawberries (frozen or fresh)
- 1 cup of milk (or milk alternative)
- 1 cup of water
- 2 teaspoons of vanilla
- 1/4 cup of sugar (optional)
- 12-15 ice cubes



## Materials:

- Blender
- Measuring Cup
- Measuring Spoons
- Cups
- Knife
- Cutting board

## Directions:

1. Wash & Cut strawberries.
2. Measure and add all ingredients to blender.
  - Orange Juice Concentrate
  - Strawberries
  - Milk
  - Water
  - Vanilla
  - Sugar
  - Ice Cubes
3. Blend until smooth!
4. Share with a friend or two 😊