



Schoharie County

173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County

123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach

31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Orange Julius

Ingredients:

- 1 cup 1% milk
- 1 (6-ounce) can frozen orange juice concentrate
- 1 cup cold water
- 8 ice cubes

Makes 4 servings - 5% calories from fat

Instructions:

1. Place all ingredients in a blender; cover.
2. Blend until ice cubes are crushed.
3. Serve immediately.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories 100		Calories from Fat 5	
Total Fat 0.5g			
			1%
Saturated Fat 0g			
			0%
Trans Fat 0g			
Cholesterol 5mg			
			2%
Sodium 40mg			
			2%
Total Carbohydrate 22g			
			7%
Dietary Fiber 0g			
			0%
Sugars 19g			
Protein 3g			
Vitamin A 2%		Vitamin C 90%	
Calcium 10%		Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

