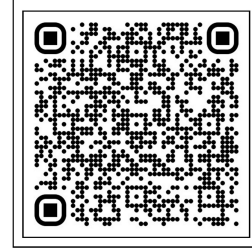




Cornell University  
Cooperative Extension  
New York City



## Orange Nog

### Ingredients:

- 1 cup non fat dry milk
- 3 cups water
- 1 6-ounce can frozen orange juice (concentrate)
- 1 teaspoon vanilla extract
- 1 teaspoon honey or sugar
- 1 teaspoon ground cinnamon

### Directions:

1. Mix all ingredients in a blender or shake well in a jar.
2. Chill and serve.

*Yields about 8 servings*

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>1/2 cup (124g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 13g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 4g	
Vitamin D 1mcg	6%
Calcium 256mg	20%
Iron 0mg	0%
Potassium 307mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Source:** Cornell University Cooperative Extension in New York City



*Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.*

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