



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

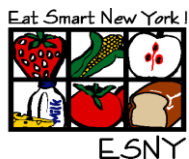
Directions:

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

Yields about 8 servings

Nutrition Facts			
Serving Size: 4 oz. (127g)			
Servings Per Recipe: 8			
Amount Per Serving			
Calories	90	Calories from Fat	0
% Daily Value *			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	85mg		4%
Total Carbohydrate	17g		6%
Dietary Fiber	0g		0%
Sugars	16g		
Protein	6g		
Vitamin A	2%	Vitamin C	50%
Calcium	20%	Iron	2%
* 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:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
0% calories from fat			
special notes			

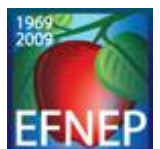
Source: Cornell University Cooperative Extension in New York City



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

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.



Cornell Cooperative Extension provides equal program and employment opportunities.