



# Mighty Milk Shakes

Serves 4



## Ingredients

2 cups non-fat milk

2 bananas

4 tablespoons frozen orange juice concentrate or orange juice

8 ice cubes

## Directions

1. Wash your hands for at least 20 seconds with warm water and soap.
2. Measure the ingredients and peel the bananas.
3. Fill the blender, put the lid on the blender, and blend the milk shakes.
4. Pour Mighty Milk Shakes into 4 cups and serve.

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