

Orange Sherbet Shake



Recipe:

High Calorie Orange Serbet Shake

Serves: 1

Serving Size: 12-ounce glass

Ingredients:

- 1 cup orange sherbet
- $\frac{3}{4}$ cup whole milk
- $\frac{1}{2}$ cup raspberries, frozen
- $\frac{1}{2}$ tsp vanilla extract
- 1 scoop vanilla protein powder

Instructions:

1. Place all ingredients in a blender container
2. Cover and blend on high speed until smooth
3. Chill before serving

Nutrition Facts:

Calories 574

Fat (g) 14

Carbohydrate (g) 80

Protein (g) 32

Sodium (mg) 240

Percent Calories

Fat: 22%

Carbohydrates: 56%

Protein: 22%

Submitted by Marisa Mozer, MS, RD, LDN, on behalf of ON DPG