

Orange Frosty

INGREDIENTS:

- Tablespoon soft tub margarine
- Cups cubed turnips
- Carrots, sliced
- Teaspoon brown sugar
- Salt and pepper to taste

Preparation:

- ½ cup fat free vanilla ice cream
- ½ cup orange juice
- 1 orange peeled and frozen
- 1 teaspoon orange zest (optional)

Serves (1)

Each serving provides an excellent source of Vitamin C and a good source of calcium and potassium.

