The Market Basket of the Month

February

Orange Cow

Makes 3 servings

Ingredients:
- 2 cups orange juice, frozen
- 2 cup water, cold
- ½ cup non-fat milk, dry
- 1 teaspoon vanilla
- 1 cup ice (add to preference)

1. Place all ingredients into a blender.
2. Make sure lid is tight and blend until smooth.

Note: Substitute 1 cup milk and 1 cup water for 2 cups water and ½ cup nonfat dry milk.

Resource: ChooseMyPlate.gov/recipes

Nutrition Facts: 1 serving = 332 calories; 0g fat; 1 mg cholesterol; 57mg sodium; 2g dietary fiber; 75g total sugars; 0g added sugars and 7g protein

Let’s Move

Challenge a friend or family member to these moves...

Planks: Face each other with elbows on the floor and balanced on your tiptoes. See who can hold this position the longest!

Squats: Stand with your feet shoulder’s length apart and squat down, bending your knees and keeping a straight back. It helps to also keep your arms out straight. Be sure your knees are behind your toes. Who can get the deepest squat or the most squats in a minute?

Bear Crawls: With your palms and feet flat on the floor, arch your back so that you look like a momma bear. Who can win a bear race?!?

Produce Tips

- Oranges can be stored at room temperature or in the refrigerator without plastic bags for up to two weeks.
- The bigger the navel in an orange, the sweeter it will be.
- Rinse oranges with cold water before peeling.

Visit our Market Basket of the Month partners:

- Brown’s Orchards & Farm Market
- Central Market York
- Flinchbaugh’s Orchard & Farm Market
- Lebanon Farmers Market
- Leg Up Farmers Market
- Penn Market

Market Basket of the Month is a WellSpan Community Health and Wellness initiative. To view a listing of monthly family newsletters, go to: wellspan.org/marketbasket.