## Augason Farms

## Morning Moo's Low Fat Milk Alternative

# Recipes

### MORNING MOOS VANILLA ICE CREAM

3 cups hot water 1 cup Augason Farms Morning Moos 1/4 cup Augason Farms Granulated Sugar

1/8 teaspoon vanilla Ice 1/2 cup rock salt Gallon-sized freezer bag Pint-sized freezer bag

#### Directions:

Combine water, morning moos, sugar, and vanilla. Pour mixture into a pint-sized freezer bag and seal tightly. Fill gallon-sized freeze bag halfway with ice. Sprinkle salt over ice. Insert smaller bag filled with ice cream mix into the larger bag of ice. Seal gallon-sized freezer bag tightly. Shake bag for 10 to 15 minutes until ice cream mixture hardens. Yield: 3 Cups

#### **ORANGE CREAM SMOOTHIE**

1 cup Augason Farms Morning Moos, prepared1/2 cup Augason Farms Orange Delight3 cups ice

Combine all ingredients and blend together until smooth. Yield: 2 Cups