

Mighty Milk

Makes bones strong!

6 servings

Ingredients:

- 8 ice cubes
- 2 cups low fat milk
- 2 bananas
- 4 tablespoons frozen orange juice concentrate

Directions:

1. Put all ingredients in a blender.
2. Cover and blend for about 20 seconds. Serve in a frosty glass.

Nutrition Facts: One cup provides 90 calories, 1g total fat, 5mg cholesterol, 35mg sodium, 19g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Mighty Milk
Graham crackers

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