

Shamrock Shake

This shake rocks!

2 servings

Ingredients:

- 1 cup milk
- 1/2 ripe banana
- 1 cup lime sherbet

Directions:

1. Pour milk into blender.
2. Add banana and lime sherbet.
3. Blend all ingredients until smooth and serve.

Nutrition Facts: One cup serving provides 200 calories, 1.5g total fat, 5mg cholesterol, 105mg sodium, 40g 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

Shamrock Shake
Chocolate Cookie

Shamrock Shake

This shake rocks!

2 servings

Ingredients:

- 1 cup milk
- 1/2 ripe banana
- 1 cup lime sherbet

Directions:

1. Pour milk into blender.
2. Add banana and lime sherbet.
3. Blend all ingredients until smooth and serve.

Nutrition Facts: One cup serving provides 200 calories, 1.5g total fat, 5mg cholesterol, 105mg sodium, 40g 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

Shamrock Shake
Chocolate Cookie

Shamrock Shake

This shake rocks!

2 servings

Ingredients:

- 1 cup milk
- 1/2 ripe banana
- 1 cup lime sherbet

Directions:

1. Pour milk into blender.
2. Add banana and lime sherbet.
3. Blend all ingredients until smooth and serve.

Nutrition Facts: One cup serving provides 200 calories, 1.5g total fat, 5mg cholesterol, 105mg sodium, 40g 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

Shamrock Shake
Chocolate Cookie

Shamrock Shake

This shake rocks!

2 servings

Ingredients:

- 1 cup milk
- 1/2 ripe banana
- 1 cup lime sherbet

Directions:

1. Pour milk into blender.
2. Add banana and lime sherbet.
3. Blend all ingredients until smooth and serve.

Nutrition Facts: One cup serving provides 200 calories, 1.5g total fat, 5mg cholesterol, 105mg sodium, 40g 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

Shamrock Shake
Chocolate Cookie