

Purple Power Smoothie

Let's get ready to enjoy this deliciously purple cooler!

4 servings

Ingredients:

- 4 teaspoons lemon juice
- 1 cup water
- 2/3 cup grape juice concentrate
- 1 cup instant nonfat dry milk
- 2 cups ice cubes

Directions:

1. Put lemon juice and water into a blender and mix well.
2. Add the grape juice and dry milk and blend.
3. Slowly add ice, one cube at a time. Turn off blender while adding each cube of ice.
4. Blend well and divide into glasses.

Nutrition Facts: One cup provides 150 calories, 0g total fat, 5mg cholesterol, 100mg sodium, 30g total carbohydrate

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Purple Power Smoothie
Peanut Butter Crackers

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