

Purple Power Smoothie

A deliciously purple cooler!



Level: Medium

Serves 4

Kids' Tool Kit

Blender
Measuring cups
Measuring spoons
Rubber spatula

Ingredients:

4 teaspoons lemon juice
1 cup water
 $\frac{2}{3}$ cup grape juice concentrate
1 cup instant nonfat dry milk
2 cups ice cubes



Chef's Choice

Purple Power
Smoothie
Peanut butter
crackers



Directions:

Remember to wash your hands!

1. Put lemon juice and water into a blender and mix well.
2. Add the grape juice and dry milk; 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

Serving Size 1 cup (70g)
Servings Per Container 4

Amount Per Serving
Calories 150 **Calories from Fat** 0

	% Daily Value*	
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 5mg		1%
Sodium 100mg		4%
Total Carbohydrate 30g		10%
Dietary Fiber 0g		0%
Sugars 9g		
Protein 6g		

Vitamin A 8% • Vitamin C 70%
Calcium 20% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Helpful Hints: Nonfat dry milk is a great ingredient in many recipes. It has all the good nutrition of skim milk, but can be stored longer than fresh milk. It is also less expensive than fresh milk.



Safety Tip: Blenders are great kitchen tools, but kids need to know and follow safety rules when using blenders, as well as many other appliances. An adult should show a child how to safely assemble, use and clean a blender.

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.