

Shamrock Shake

This shake rocks!



Level: Easy

Serves: 2

Kids' Tool Kit

Blender
Sharp knife
Cutting board
Measuring cups
Rubber spatula
Ice cream scoop
or spoon

Ingredients:

1 cup milk
½ ripe banana
1 cup lime sherbet



Directions:

Remember to wash your hands!

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



Helpful Hints: To "blend" is to mix two or more ingredients with a spoon, whisk, electric mixer or blender. If you don't have a blender for this recipe, use a whisk or mash the banana with a fork and shake up the ingredients!

Chef's Choice
Shamrock Shake
Chocolate cookie

How many liquid ounces are in a cup? Look at a glass or plastic measuring cup. There are 8 ounces in a cup. When you measure liquids, remember to look eye level at the amount in the cup for accurate measurement.



Safety Tip: Store milk in the refrigerator. If it tastes sour, don't drink the rest of it. Sour milk won't make you sick, but it just doesn't taste very good. Check the "sell by" date on the carton of milk. That's the date when the store needs to sell it. Once the carton is open at home, it will only keep fresh about five days.

Nutrition Facts

Serving Size 1 cup (241g)
Servings Per Container 2

Amount Per Serving	
Calories 200	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	3%
Saturated Fat 1g	6%
Cholesterol 5mg	2%
Sodium 105mg	4%
Total Carbohydrate 40g	13%
Dietary Fiber 1g	4%
Sugars 36g	
Protein 5g	

Vitamin A 2% • Vitamin C 8%
Calcium 15% • Iron 0%

*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

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