

Very Berry Blast

Shake it up and drink it down!



Level: Easy

Serves: 3

Kids' Tool Kit

Quart jar with lid
Liquid measuring cup
Rubber scraper

Ingredients:

- 1 cup low fat milk
- 1 container (8-ounces) low fat boysenberry or other berry yogurt
- 1 cup apple juice



Directions:

Remember to wash your hands!

1. Use a quart jar or container with a tight fitting lid. Pour milk into jar.
2. Add yogurt and apple juice.
3. Cover jar and shake until all ingredients are smooth.

Chef's Choice

Very Berry Blast
Oatmeal cookie



Helpful Hints: Keep the apple juice in the fridge until time to make this berry drink. It tastes best really cold. Make sure the lid is tight on the jar or container before you shake it up! If you have extra, try freezing some in small cups to enjoy later — it tastes like a frozen shake.



Safety Tip: Shop for milk and other perishable foods last at the grocery store. Pack cold foods together for the trip home and have a cooler in the car if you have other errands to run. Put cold foods in the refrigerator or freezer just as soon as you get in the house.

Nutrition Facts

Serving Size 1 cup (241g)
Servings Per Container 3

Amount Per Serving
Calories 140 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0.5g 3%

Cholesterol 5mg 2%

Sodium 95mg 4%

Total Carbohydrate 28g 9%

Dietary Fiber 0g 0%

Sugars 27g

Protein 6g

Vitamin A 0% • Vitamin C 2%

Calcium 20% • 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.