

Mighty Milk

Makes bones strong!

 Level: Easy

Serves: 6, 1 cup each

Kids' Tool Kit

Blender
Measuring cup
Measuring spoon
Rubber spatula

Ingredients:

8 ice cubes
2 cups low fat milk
2 bananas
4 tablespoons frozen orange
juice concentrate



Directions:

Remember to wash your hands!

1. Put all ingredients in a blender.
2. Cover and blend for about 20 seconds. Serve in a frosty glass.

Chef's Choice

Mighty Milk
Graham crackers



Helpful Hints: Store milk in the refrigerator, but if it tastes sour, don't drink the rest of it. Sour milk won't make you sick, but it 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 5 days.



Safety Tips: Young children need adult supervision when using a blender. Always put on the cover before turning on the power. To blend, place one hand on the lid of the blender and one hand on the base controls. Don't use a rubber spatula or spoon in the blender when it is running.

Nutrition Facts

Serving Size 1 cup (167g)
Servings Per Container 6

Amount Per Serving
Calories 90 Calories from Fat 10

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Cholesterol 5mg	1%
Sodium 35mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	5%
Sugars 14g	

Protein 4g
Vitamin A 4% • Vitamin C 35%
Calcium 10% • 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.

	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

Source: *Book Cooks*, Creative Teaching Press

Suggested book with this cooking activity: *It Looked Like Spilt Milk* by Charles G. Shaw

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.