

Very Berry Blast

Shake it up and drink it down!

3 servings

Ingredients:

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

Directions:

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.

Nutrition Facts: One 1 cup serving provides 140 calories, 1g total fat, 5mg cholesterol, 95mg sodium, 28g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice
Very Berry Blast
Oatmeal Cookie

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