

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.