Very Berry Blast
Shake it up and drink it down!

Level: Easy

Serves: 3

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.

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

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.

This institution is an equal opportunity employer. This material was funded by USDA’s Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.