

Shamrock Shake

This shake rocks!



Level: Easy

Serves: 2

Kids' Tool Kit

Blender
Sharp knife
Cutting board
Measuring cups
Rubber spatula
Ice cream scoop
or spoon

Ingredients:

1 cup milk
½ ripe banana
1 cup lime sherbet



Directions:

Remember to wash your hands!

1. Pour milk into blender.
2. Add banana and lime sherbet.
3. Blend all ingredients until smooth and serve.



Helpful Hints: To "blend" is to mix two or more ingredients with a spoon, whisk, electric mixer or blender. If you don't have a blender for this recipe, use a whisk or mash the banana with a fork and shake up the ingredients!

Chef's Choice

Shamrock Shake
Chocolate cookie

How many liquid ounces are in a cup? Look at a glass or plastic measuring cup. There are 8 ounces in a cup. When you measure liquids, remember to look eye level at the amount in the cup for accurate measurement.



Safety Tip: Store milk in the refrigerator. If it tastes sour, don't drink the rest of it. Sour milk won't make you sick, but it just 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 five days.

Nutrition Facts

Serving Size 1 cup (241g)
Servings Per Container 2

Amount Per Serving
Calories 200 Calories from Fat 15

% Daily Value*

Total Fat 1.5g 3%

Saturated Fat 1g 6%

Cholesterol 5mg 2%

Sodium 105mg 4%

Total Carbohydrate 40g 13%

Dietary Fiber 1g 4%

Sugars 36g

Protein 5g

Vitamin A 2% • Vitamin C 8%

Calcium 15% • 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.