



K-STATE
Research and Extension

Shake it Up and Drink it Down!

Very Berry Blast

3 servings, 1 cup each

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 150 calories, 5 calories from fat, 1 g total fat, 0.5 g saturated fat, 0 trans fats, 100 mg sodium, 29 g carbohydrate, 27 g sugar, 20% calcium, 0% iron

Recipe from *Kids-a-Cookin'*

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Newsletter developed by Tandalayo Kidd, PhD, RD, LPN, Associate Professor/Extension Specialist in Human Nutrition, Susie Bilderback, Extension Program Assistant, and Katie Hamm, former senior in Dietetics • Resources: <http://teammnutrition.usda.gov/Resources/teamupbooklet.pdf> • <http://www.kidsacookin.ksu.edu/> • <http://www.choosemyplate.gov/>

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