

Very berry blast

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Ingredients

- 1 cup low-fat milk
- 1 cup (6-oz.) low-fat boysenberry or other berry yogurt
- 1 cup 100 percent apple juice

NOTE: Any flavored yogurt can be used.

Serves 3



Equipment

- quart jar and lid
- spatula
- liquid measuring cup

What does it mean?

SHAKE:

To mix two or more ingredients by quick movements up and down.



Directions

1. Wash hands and surfaces.
2. Measure milk and add to jar.
3. Add yogurt to jar.
4. Measure apple juice and add to jar.
5. Cover jar and shake until all ingredients are smooth.
6. Refrigerate leftovers immediately.



Store milk in the refrigerator.

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp