



Cornell University
 Cooperative Extension
 New York City

Purple Cow

Ingredients:

- 1 cup lowfat milk
- ½ cup frozen grape juice, fortified with vitamin C
- ½ cup lowfat vanilla yogurt

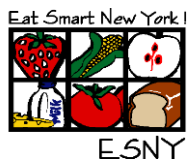
Directions:

1. Mix together all ingredients, chill and serve.
2. For a frozen drink, add 2 ice cubes and mix in a blender.

Yields 2 servings (each 1 cup)

Nutrition Facts			
Serving Size: 1 cup			
Servings Per Recipe: 2			
Amount Per Serving			
Calories	231	Calories from Fat	19
% Daily Value *			
Total Fat	2g		3%
Saturated Fat	1g		7%
Trans Fat	0g		
Cholesterol	9mg		3%
Sodium	104mg		4%
Total Carbohydrate	46g		15%
Dietary Fiber	0g		0%
Sugars	45g		
Protein	8g		
Vitamin A	6%	Vitamin C	101%
Calcium	28%	Iron	3%
* 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:	2000	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
8% calories from fat			

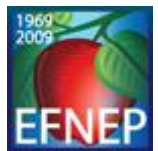
Source: Cornell University Cooperative Extension in New York City



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.



Cornell Cooperative Extension provides equal program and employment opportunities.