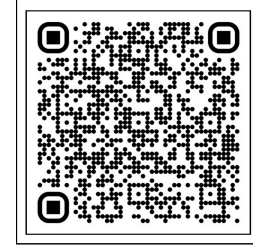




Cornell University
 Cooperative Extension
 New York City



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	
servings per container	
Serving size	1 cup (238g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 4g Added Sugars	8%
Protein 6g	
Vitamin D 1mcg	6%
Calcium 237mg	20%
Iron 0mg	0%
Potassium 296mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Cornell University Cooperative Extension in New York City



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

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