

Bob's Build-Me-Up Berry Shake



Prep time: 10 minutes Makes 2 cups (4 servings) Serving Size: 4 fluid oz



Ingredients

- 1/3 cup blueberries
- 1/3 cup strawberries
- 1/3 cup raspberries
- 8-oz low-fat vanilla yogurt
- 1 cup apple juice
- 1 tsp. wheat germ

Supplies

- Measuring cups and spoons
- Large bowl
- Potato masher
- Large strainer
- Mixing spoon
- Tall glass with a straw

Directions

1. Put blueberries, strawberries and raspberries into a large bowl and pound away with a potato masher until everything is squished.
2. Pass the mixture through a large strainer to remove as many of the seeds as possible.
3. Add the wheat germ and stir until mixed thoroughly.
4. Add the vanilla yogurt. Mix well.
5. Add the apple juice and mix well before serving.

*Preschoolers will be able to help with every part of this recipe.

Nutritional Facts

Servings per Recipe: 1

Amount Per Serving

Calories:	82cal
Protein:	3g
Fat:	2g
Saturated Fat:	1g
Carbohydrate:	13g
Fiber:	1g
Cholesterol:	3mg
Sodium:	38mg
Calcium:	103mg
Iron:	0mg
Folate:	20mcg

Note: Nutritional analysis may vary depending on ingredient brands used. Values were rounded to nearest whole number, except for iron.

Nutritional analysis and facts have been provided by:



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