

Bob's Build-Me-Up Berry Shake

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





Ingredients	Supplies
1/3 cup blueberries	Measuring cups and spoons
1/3 cup strawberries	Large bowl
1/3 cup raspberries	Potato masher
8-oz low-fat vanilla yogurt	Large strainer
1 cup apple juice	Mixing spoon
1 tsp. wheat germ	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.

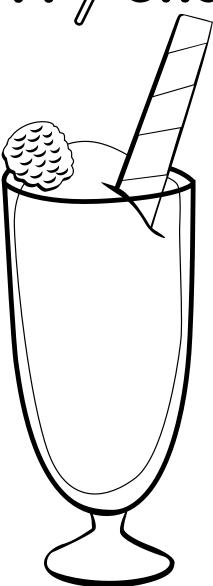
Nutritional analysis and facts have been provided by:



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