

Mix It with Milk!

Milk goes with just about everything. So why not mix it up? All you need is milk, some mix-ins and a little imagination to create nutritious alternatives to sodas and sweetened drinks. From traditional mix-ins like chocolate syrup to zany ones like applesauce or strawberry pudding powder, mixing it with milk is fun for everyone.

 here's a recipe to get you started.

Mixed Berry Lemon Surprise

This unusual combination of milk and applesauce is truly delicious!

- 1 cup lowfat milk
- 1/2 cup or one single-serve container of Mott's® Mixed Berry Fruitsations®
- 1 cup ice
- 2 tablespoons lemonade concentrate

What you do:

1. Ask an adult to help you.
2. Pour milk into blender jar.
3. Add Mixed Berry Fruitsation®, lemonade concentrate and ice.
4. Blend on high until smooth. Pour into a glass and **enjoy!**

NUTRITIONAL ANALYSIS

263	Calories	52g	Carbohydrates
8g	Protein	2.5g	Fat
1g	Fiber	293mg	Calcium

Follow these four easy steps for creating an awesome drink!

1

STEP 1: POUR IT!

Start with a cup of milk in a container with a tight-fitting lid or a large glass. You can make in your own "milk shaker" using an empty, single-serve milk container or a large plastic yogurt container.

2

STEP 2: ADD IT!

Add any of these fun mix-ins. Remember, you don't need a lot!

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|----------------------------|--------------------------|
| Applesauce | Crumbled vanilla wafers |
| Blueberries or raspberries | Bananas |
| Strawberries | Cereal |
| Caramel sauce | Chocolate syrup |
| Mini chocolate chips | Crumbled graham crackers |
| Cinnamon | Powdered drink mix |
| Hot chocolate mix | Peanut butter |
| Mini marshmallows | Rainbow sprinkles |
| Pudding mix | Raspberry jam |
| Crumbled sandwich cookies | Vanilla or lemon extract |
| Strawberry jam | Food coloring |

3

STEP 3: MIX IT!

Shake it or stir it for at least 15 seconds.

4

STEP 4: ENJOY IT!

For a real cool treat, pour it into a chilled glass!

Write the ingredients for your creation here:

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