

Purple Cow

Makes: 3 servings

Ingredients

6 fluid ounces grape juice (frozen)

2 cups water (cold)

1/3 cup milk (nonfat, dry)

1 teaspoon vanilla

1 cup ice (or more)

Directions

1. Place all ingredients in blender or food processor.
2. Secure lid and blend until smooth. Serve immediately.

Notes

Substitute 1 cup milk and 1 cup water for 2 cups water and ? cup nonfat dry milk

Montana State University Extension, Nutrition Education Programs, Buy Better. Eat Better. recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	150	
Total Fat	0 g	0%
Protein	6 g	
Carbohydrates	31 g	10%
Dietary Fiber	0 g	0%
Saturated Fat	0 g	0%
Sodium	80 mg	3%