

Ingredients:

1/2 cup orange, pineapple, grape or any fruit juice
1/2 banana, cut up
3 tablespoons nonfat dry milk powder
2 ice cubes

Rainbow Shake
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Directions:

1. Wash hands with warm water and soap.
2. Combine fruit juice, banana, dry milk powder, and ice cubes in a blender container. Cover and blend until smooth.
3. Serve immediately.

Nutrition Facts (Per Serving)

calories, 158; carbohydrate, 35 g; protein, 5 g; total fat 0g; saturated fat, 0 g; trans fat, 0 g; cholesterol, 2 mg; fiber, 2 g; total sugars, 28 g; sodium, 71 mg; calcium, 160 mg; folate, 18 mcg; iron, 0 mg; percent calories from fat, 0%.

Makes 1 serving.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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