



Green Machine Milkshake

Ingredients:

- 3 ripe kiwi fruit, peeled and sliced
- 1/2 cup 1% low-fat or fat-free milk
- 1 Tablespoon fresh lemon juice
- 2 large scoops (about 1 cup total) lime sherbet

Green Machine Milkshake

Image not found of type unknown

Directions:

1. Wash hands with warm water and soap. Wash fresh fruit before preparing.
2. Combine the kiwi fruit pieces, milk, and lemon juice in a blender container.
3. Place lid on blender container and blend on high speed for 10 seconds.
4. Add the lime sherbet and blend on low speed until thick and smooth.
5. Pour into tall glasses and serve immediately.

Nutrition Facts (Per Serving)

Calories, 198; Carbohydrate, 41 g; Protein, 4 g; Total Fat, 2 g; Saturated Fat, 1 g; Trans Fat, 0 g; Cholesterol, 1 mg; Fiber, 4 g; Total Sugars, 31 g; Sodium, 67 mg; Calcium, 133 mg; Folate, 4 mcg; Iron, 0 mg; Percent of Calories from Fat, 9%.

Makes 2 servings.

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.

<https://www.azhealthzone.org/recipes>