

# 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!

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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