



## August 22- Purple Cow

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/purple-cow>

### Recipe

*Ingredients:*

- 1 can grape juice
- 2 cups water
- 1/3 cup non-fat dry milk
- 1 teaspoon vanilla
- 1 cup ice

*Directions:*

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

Yield 3 servings

### Nutrition Facts

Serving Size 1 cup (65.58g)  
Servings Per Container 3

#### Amount Per Serving

**Calories** 60      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

*Trans Fat*

**Cholesterol** 0mg      **0%**

**Sodium** 45mg      **2%**

**Total Carbohydrate** 12g      **4%**

Dietary Fiber 0g      **0%**

Sugars 12g

**Protein** 3g      **6%**

Vitamin A 4%      •      Vitamin C 25%

Calcium 10%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.