

Purple Cow

From USDA

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

Ingredients

- 1 can grape juice (6 oz., frozen)
- 2 cups water (cold)
- 1/3 cup milk (nonfat, dry)
- 1 teaspoon vanilla
- 1 cup ice (or more)

Instructions

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

Substitute 1 cup milk and 1 cup water for 2 cups water and 1/3 cup nonfat dry milk

Makes 3 servings

Nutrition information per serving

Calories: 150	Dietary Fiber: 0 g
Total Fat: 0 g	Sodium: 80 mg
Saturated Fat: 0 g	Protein: 6 g
Cholesterol:	Carbohydrates: 31 g

