

## **Recipes**

### **Chocolate Chocolate Shake**

5 chocolate milk ice cubes\*

1 cup/250 mL chocolate milk

Place ice cubes and milk in a blender and whirl until smooth. Makes 2 portions

\*make chocolate milk ice cubes by pouring about 2 cups/500 mL chocolate milk in an ice cube tray. Freeze until firm, about 5 hours.

### **Strawberry Sports Fizz**

1 cup (250 mL) milk

½ cup (125 mL) strawberries, fresh or frozen

(2 teaspoons (10 mL) icing sugar, if strawberries not sweet)

½ cup (125 mL) soda water/club soda

Combine milk and strawberries (and sugar) in a blender. Blend until smooth. Add soda water and blend a few seconds to combine. (It may foam up.) Pour into a glass. Enjoy!

### **Berry Dairy Dream**

1½ cups (375 mL) milk

1 cup (250 mL) frozen berries - blueberries, strawberries or raspberries

2 tablespoons (25 mL) honey

Combine in a blender until smooth. Pour into 2 glasses.

For an extra creamy dream, add ½ cup (125 mL) berry yogurt or vanilla ice cream to blender.

### **Purple Cow**

1½ cups (375 mL) milk

3 tablespoons (50 mL) frozen grape juice concentrate (not thawed or diluted)

3 - 5 ice cubes

Blend milk and concentrate in a blender until smooth. Gradually add ice cubes.

Pour into 2 glasses. For extra creaminess add ½ cup (125 mL) vanilla yogurt instead of ice cubes.

### **Chocolate-Peanut Butter Cup**

1½ cups (375 mL) chocolate milk  
2 tablespoons (25 mL) smooth peanut butter  
½ cup (125 mL) low fat frozen yogurt, chocolate or vanilla

Combine in a blender until smooth. Pour into 2 glasses.

### **Banana Breakfast Shake**

1½ cups (375 mL) milk  
1 peeled and sliced ripe banana, frozen  
½ teaspoon (2 mL) vanilla flavouring, if desired  
¼ teaspoon (1 mL) almond flavouring, if desired

Blend all until smooth. Pour into 2 glasses. Sprinkle with a dash of cinnamon, if desired.

### **Orange Smoothie**

2 cups (500 mL) milk  
1 6-oz (or ½ 12-oz) can frozen orange juice conc.(not thawed or diluted)  
2 tablespoons (25 mL) icing sugar  
1 teaspoon (5 mL) vanilla flavouring  
4 - 6 ice cubes

Combine first 4 ingredients in a blender until smooth. Gradually add ice cubes and blend until frothy. Pour at once into 4 glasses.

### **Frozen Yogurt Fruit Pops**

1 cup/250 mL low fat yogurt  
¼ cup/50 mL nonfat milk powder  
2 tbsp/ 30 mL sugar  
1 cup/250 mL fresh or drained canned fruit such as peaches, apricots, pineapple chunks  
4 Popsicle sticks and 4 paper cups

In the container of an electric blender or food processor fitted with a steel blade, place yogurt, dry milk and sugar. Cover and whirl until milk powder and sugar dissolve. Add fruit. Cover and whirl until smooth. Pour into 4 (4 oz/125 mL) paper cups. Freeze until partially set. Place a Popsicle stick in the centre of each cup. Freeze until firm. To unmold, roll cup between palms of hands to soften slightly. Pull out pop. For a calcium boost, serve with a glass of milk.