



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Purple Cow

- 1 6-ounce can frozen grape juice
- 1 quart lowfat milk
- 2 cups lowfat frozen yogurt

Combine all ingredients and mix well. Serves 6.

Nutrition Facts

Serving Size: 1/6 of recipe (247g)
Servings: 6

Amount Per Serving

Calories 220 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3.5g **17%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 125mg **5%**

Total Carbohydrate 35g **12%**

Dietary Fiber 0g **2%**

Sugars 34g

Protein 7g

Vitamin A 4% ■ Vitamin C 50%

Calcium 25% ■ Iron 2%

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



TV Show

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Visit us on the web: www.uwyo.edu/centsible

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