

featured recipe

## Shamrock Shake

Source: Megan Szpak, Cornell Cooperative Extension of Tompkins County

Serving size: 1¼ cups  
Servings per recipe: 2

Please visit our website for nutritional analysis of this recipe.



### Ingredients

- 2 cups fresh spinach, rinsed well
- 1 cup skim milk
- 1 cup fat-free vanilla yogurt
- 1 frozen banana (remove banana peel prior to freezing)
- mint leaf, optional

1. Put spinach, skim milk, yogurt and optional mint leaf in blender. Blend until smooth.
2. Add frozen banana to blender and blend until smooth. Serve cold.

*Have you ever had bananas become too ripe to peel and eat? When a banana gets this ripe, it's the perfect time to peel and freeze it, and use it later in a smoothie!*

Serve fat-free (skim) or low-fat (1%) milk with meals and snacks.

Kids are still growing. When they come in from playing outside and they're looking for a refreshing drink, **offer fat-free or low-fat (1%) milk**. It helps them grow strong. It's also great with meals, snacks, and in smoothies, like the Shamrock Shake (see recipe above).

Did you know you're a role model for your kids? **Your kids learn from watching you.** When you drink milk with meals and snacks, your kids will do the same. Show them how to make great eating habits that last a lifetime.

**Create a kid-friendly drink zone!** Water, skim or 1% milk and limited amounts of 100% juice are great choices in your home. Avoiding sugary drinks helps keep your family healthy.

To learn the amount of calories in the beverages you drink, and the best eating pattern for you, check out Supertracker at [supertracker.usda.gov](http://supertracker.usda.gov)

Help your kids grow strong with the calcium, Vitamin D, and protein in fat-free (skim) or low-fat (1%) milk!

For more tips and recipes, or to sign up for our e-newsletter, visit [RethinkYourDrinkNY.org!](http://RethinkYourDrinkNY.org)