

CHR

## A Cool Collection

Fun 'n' frothy drinks! Smooth 'n' creamy drinks!

They are all quick to fix (whirl in a blender), taste terrific and are crammed with calories and other good stuff. Serve in a tall glass or a big mug. For that special look, put your glass in the freezer to frost it!

### HIGH CALORIE MILK

250 ml (1 cup) whole (3.5% fat) milk  
30 ml (2 tbsp.) cereal cream  
30 ml (2 tbsp.) skim milk powder

yield = 280 ml (1 1/4 cups)  
225 calories/280 ml (0.80 cal/ml)  
12 g protein, 18 gram carbohydrate, 12 g fat

### PURPLE PASSION

125 ml (1/2 cup) grape juice  
60 ml (1/4 cup) cereal cream  
125 ml (1/2 cup) vanilla ice cream  
30 ml (2 tbsp.) skim milk powder  
60 ml (1/4 cup) fresh/frozen blueberries

Yield = 370 ml  
342 calories per 370 ml (0.92 cal/ml)  
8 g protein, 46 g carbohydrate, 15 g fat

### PEACHES AND CREAM

60 ml (1/4 cup) light syrup from peaches  
125 ml (1/2 cup) vanilla ice cream  
125 ml (1/2 cup) canned peaches  
30 ml (2 tbsp.) skim milk powder  
15 ml (1 tbsp.) lemon juice

Yield = 325 ml  
264 calories/325 ml (0.80 Cal/ml)  
6 g protein, 47 g carbohydrate, 7 g fat

### STRAWBERRY SMOOTHIE

125 ml (1/2 cup) vanilla ice cream  
125 ml (1/2 cup) whole (3.5 percent fat) milk  
30 ml (2 tbsp.) skim milk powder  
125 ml (1/2 cup) frozen sweetened strawberries

yield = 375 ml  
284 calories/375 ml (0.8 cal/ml)  
10 g protein, 37 g carbohydrate, 12 g fat

### ORANGE-SICLE

175 ml (3/4 cup) orange sherbet  
30 ml (2 tbsp.) skim milk powder  
125 ml (1/2 cup) cereal cream

Yield = 300 ml  
397 calories/300 ml (1.3 cal/ml)  
8 g protein, 54 g carbohydrate, 17 g fat

### FRUITY YOGURT SHAKE

*strawberry, blueberry, or raspberry*  
60 ml (1/4 cup) raspberry juice  
125 g container fruit yogurt  
60 ml (1/4 cup) fresh or frozen fruit (same flavor as yogurt)  
60 ml (1/4 cup) cereal cream  
125 ml (1/2 cup) vanilla ice cream  
*for a sweeter shake, use sweetened fruit or add honey*

Yield = 430 ml  
380 calories/430 ml (0.90 Cal/ml)  
10 g protein, 53 g carbohydrate, 16 g fat

### CHOCOLATE SUPER SHAKE

175 ml (3/4 cup) vanilla ice cream  
60 ml (1/4 cup) cereal cream  
15 ml (1 tbsp.) chocolate syrup  
30 ml (2 tbsp.) skim milk powder

Yield = 250 ml  
489 calories per 250 ml (1.9 Cal/ml)  
11 g protein, 50 g carbohydrate, 29 g fat

### TROPICAL PARADISE

200 ml (3/4 cup) vanilla ice cream  
30 ml (2 tbsp.) skim milk powder  
1 ml (1/4 tsp.) coconut extract  
15 ml (1 tbsp.) honey  
75 ml (5 tbsp.) pineapple juice

yield = 320 ml  
423 calories/320 ml (1.3 Cal/ml)  
11 g protein, 64 g carbohydrate, 14 g fat