



Monkey Shake

Prep Time: 5 minutes

Cost per serving: \$0.12

What you need:

Utensils:

- Blender
- Measuring cups & spoons

Ingredients:

- 2 cups fat free milk
- 1 medium banana
- 1 1.4-oz package fat free, sugar-free chocolate pudding, prepared
- 2 cups crushed ice

What to do:

1. Wash your hands and clean your cooking area.
2. Add all ingredients into a blender except ice and blend well.
3. Add ice; blend on high speed until smooth.
4. Serve immediately.



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Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 8

Amount Per Serving

Calories 50 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 10g 3%

Dietary Fiber 1g 4%

Sugars 5g

Protein 3g

Vitamin A 2% • Vitamin C 2%

Calcium 6% • Iron 2%