



## Apricot Cooler

**Prep Time:** 5 minutes

**Cost per serving:** \$0.33

### What you need:

#### Utensils:

- Measuring cups
- Stirring spoon
- Blender
- Can opener

#### Ingredients:

- $\frac{1}{3}$  cup instant nonfat dry milk powder
- $\frac{1}{2}$  cup canned apricots, chilled and drained
- 1 cup cold water

#### What to do:

1. Wash your hands and clean your cooking area.
2. Put all ingredients into a blender and blend until smooth.
3. Serve in chilled glasses for added enjoyment!



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### Nutrition Facts

Serving Size 1/2 cup  
Servings Per Container 2

Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 18g	
<b>Protein</b> 7g	
Vitamin A 25%	• Vitamin C 6%
Calcium 25%	• Iron 2%