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## Purple Shake

**Prep Time:** 10 minutes

**Cost per serving:** \$1.06

### What you need:

#### Utensils:

- Measuring cups & spoons
- Blender

#### Ingredients:

- 1/2 cup fat-free or low-fat plain yogurt
- 2 teaspoons sugar
- 1/2 cup frozen blueberries
- 1/2 cup frozen raspberries
- 1/4 teaspoon vanilla extract

#### What to do:

1. Wash your hands and clean your cooking area.
2. Place yogurt and sugar in a blender and blend until well combined.
3. Add blueberries, raspberries and extract to the yogurt mixture and process until smooth.
4. Pour into a glass and enjoy!

**Note:** Freeze your smoothies in plastic cups and take them in your cooler for picnics.

### Nutrition Facts

Serving Size 1/2 cup	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 10</b>
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% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 45mg</b>	<b>2%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
Dietary Fiber 4g	16%
Sugars 25g	
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<b>Protein 4g</b>	
Vitamin A 2%	Vitamin C 20%
Calcium 10%	Iron 2%