



Make a calcium-rich snack!

1. Measure 1 cup of dairy ingredients (milk, yogurt or buttermilk) into a blender.
2. Add 1 cup of frozen or fresh fruit into the blender.
3. Blend until smooth.
4. Taste and add sugar or honey as needed.
5. Write down your recipe!
6. If you drank 1 cup of your mix, how much calcium would you get? Hint: use the Calcium-Rich Food List

Sydney's Special Smoothie Recipe

- ½ cup milk
- ½ cup frozen yogurt
- 1 cup frozen fruit
- 2 spoonfuls sugar

