

Cool Cooking—Whip Up

Ask an adult to help you whirl these smoothies in a blender or food processor
Both recipes make enough for two people.

Purple Slurple

1/3 cup of frozen grape juice concentrate

2 scoops of vanilla ice cream or frozen yogurt (regular or light)

1 cup of cold milk (whole, low-fat, or fat-free)

6 seedless purple grapes (optional)

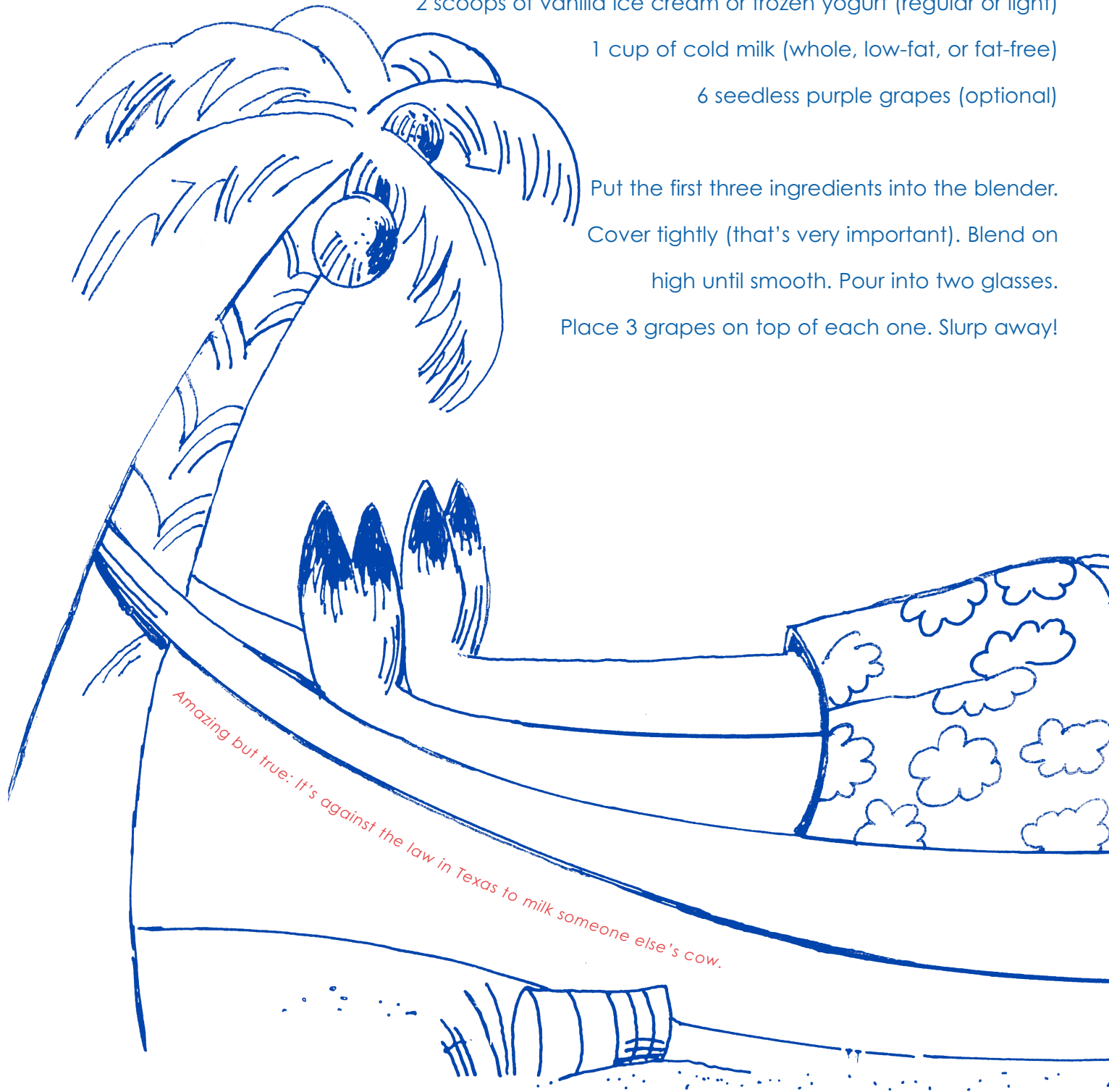
Put the first three ingredients into the blender.

Cover tightly (that's very important). Blend on

high until smooth. Pour into two glasses.

Place 3 grapes on top of each one. Slurp away!

Amazing but true: The first ice cream manufacturing plant was started in 1851.



Amazing but true: It's against the law in Texas to milk someone else's cow.

Summer Smoothies

(and cut up the fruit where needed).

Taste of the Tropics

- 1 banana (try using a frozen one!)
- 1 cup of fresh pineapple chunks
- 1 tablespoon of sweetened flaked coconut
- 1/2 teaspoon of vanilla
- 1 cup of cold milk (whole, low-fat, or fat-free)

Put all ingredients into the blender. Cover tightly (that's very important). Blend on high until smooth. Pour into two glasses. Enjoy!

