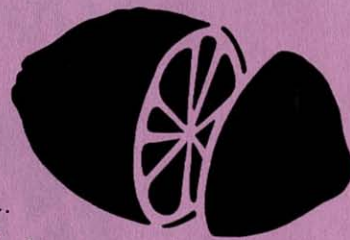


SUPER COOLERS



These refreshing drinks all use nonfat dry milk—an economical source of calcium, vitamins and protein. Combined with fruit or juice, these coolers are nutritious snacks for people of all ages. Just combine with ingredients and beat with a blender or egg beater, or shake in a covered jar. Chill in the refrigerator, and you've got a homemade treat. Most of these recipes make about six servings.

frosted fruit float

1 six-ounce can frozen lemonade concentrate
3 cups cold water
1/2 cup nonfat dry milk
vanilla ice cream

Mix together lemonade concentrate, water and milk. Serve very cold with a small scoop of ice cream on top. Use frozen orange juice concentrate in place of lemonade.

1/4 cup molasses
1 cup nonfat dry milk
4 cups cold water

Mix molasses, dry milk and water. Blend, beat or shake in a jar. Serve very cold.

TAFFY milk



KOOL KOW

Make one package of any flavor vitamin C-enriched powdered drink as directed on the package. (Save money by buying the unsweetened kind and adding less sugar—or honey—than called for on the package.) Add one cup nonfat dry milk per quart of beverage. Beat until it foams. Serve cold.

1/2 cup nonfat dry milk
3 cups water
1 cup crushed ripe fresh or canned peaches and juice
1 tablespoon lemon juice

Mix milk and water. Add other ingredients and blend well. Serve cold. Sprinkle with nutmeg if you like.

Peachy Cooler



Banana Shake



2 medium bananas
1 cup nonfat dry milk
4 cups cold water

Mix nonfat dry milk and water together. Mash bananas and add to the mixture. Beat with a blender or egg beater until smooth.



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STRAWBERRY SHAKE



1 8-ounce package of frozen strawberries or 1 cup fresh berries
1 cup nonfat dry milk
4 cups cold water
1/2 cup orange juice

Mash berries. Blend with milk, water and orange juice. Serve chilled over ice.

Purple Cow



1 large can (46 ounces) grape juice or grape drink
1 cup nonfat dry milk
2 cups water (about)

Add dry milk to water and mix.
Add fruit juice. Serve cold.
Use orange juice or pineapple juice in place of grape juice.

Yogurt Shake

1 cup plain yogurt
1/2 cup orange or apple juice
1 teaspoon sugar or honey
4 ice cubes

Crush the ice cubes in a blender or put them in a double plastic bag and pound lightly with a mallet or wooden spoon. Mix the crushed ice with the yogurt, juice and sweetener in a blender or with an egg beater. Mix well. Makes one serving.



Chocolate Shake

1/4 cup chocolate syrup
1 cup nonfat dry milk
4 cups cold water

Mix chocolate syrup, dry milk and water together. Serve cold.
Add a scoop of ice cream if you like.

peanutty milk

1/2 cup peanut butter
4 cups water
1 cup nonfat dry milk

Mix dry milk and water. Add milk to peanut butter, a small amount at a time.
Mix well. Chill before serving.

