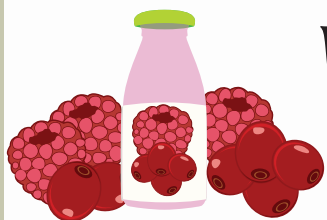
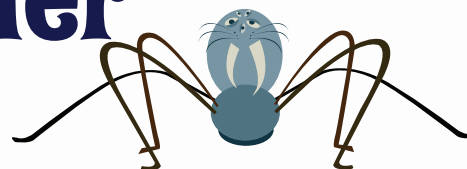


Fruit



Vampire's Red Cooler

Great weekend treat!



Ingredients:

- 2 cups cranberries, washed
- 2 cups raspberries, washed
- 1 cup 100% cran-raspberry juice
- 1 cup fat free raspberry yogurt
- 2 cups ice

Nutrition:

Recipe makes 2 servings
Each serving counts as 1 fruits

Safety:

Do not plug the blender in until the blender lid is on tightly and the blender container is on the blender.

Directions:

1. Wash cranberries and raspberries under cold water.
2. Measure out 2 cups of each.
3. Add all ingredients to blender.
4. Blend until smooth.
5. Divide into 4 glasses and enjoy!

Recipe approved by the Centers for Disease Control

from the kitchen of
Playnormous

