

## Playnormous Healthy Recipes

# Vampire's Red Cooler

### Ingredients:

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

### 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.

### Nutrition:

- This recipe makes 4 servings.
- Each serving counts as 1 fruit.

### Safety:

- Do not plug the blender in until the blender lid is on tightly and the blender container is on the blender.
- Do not open the blender container while the blender is blending or plugged in.
- Unplug the blender before removing the blender container.

Source: Centers for Disease Control

