

Brown Bag Demonstrations

Sipper Snacks

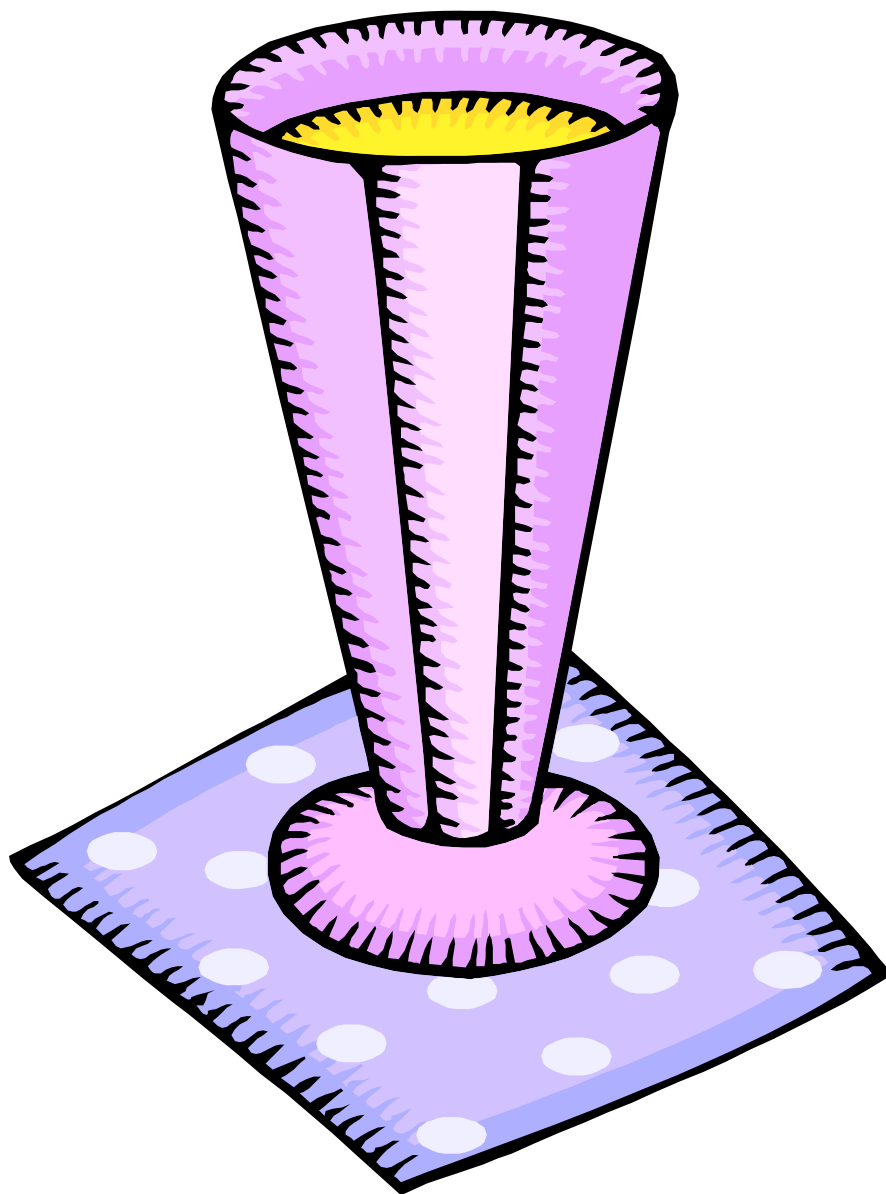
Kim Mehl-Hall, 4-H Youth Specialist

Supplies Needed:

- Ingredients for recipes
- Blender
- Clear glass

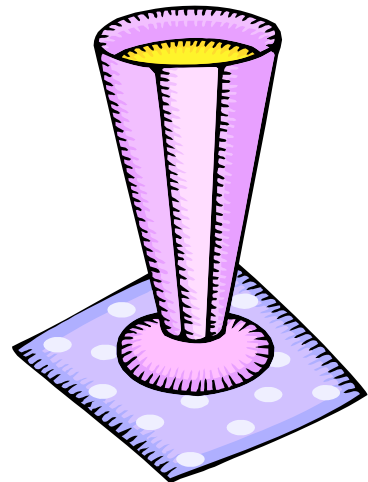
What to Do	What to Say
Chart #1	Get tired of the same old after school snack? Try a lemon yogurt pick-up.
Chart #2 Point as you say each ingredient	The items needed: <ul style="list-style-type: none">• 1 cup strawberries• 2 Tbsp sugar• 2 cups lemon yogurt• 1 ½ cup milk
Place strawberries and sugar in blender. Cover. Blend on high until mashed. (about 1 minute)	Place the strawberries and sugar in a blender. Cover and blend on high until mashed, about 1 minute. Strawberries are high in Vitamin C, which helps heal wounds and resist infections.
Add yogurt and milk. Blend until foamy.	Add the yogurt and milk, blend until foamy. The yogurt and milk provide us with calcium, protein and riboflavin. Calcium builds strong bones and teeth and helps prevent the back curing disease, osteoporosis. Dairy foods are our main source of calcium.
Pour into clear glass and display. Clear away other items.	Serve this cool refreshing drink immediately. There is enough for yourself and 3 friends. Lemon yogurt pick-up costs about 45¢ per serving and has about 155 calories per serving.
CHART #3 Point as you say each word	In summary, lemon yogurt pick-up is nutritious, easy to make and delicious. Are there any questions?
Conclusion	So why don't you make a sipper snack today.

Sipper Snack



Lemon Yogurt Pick-Up

- 1 cup strawberries
- 2 Tbsp sugar
- 2 cups lemon yogurt
- 1 ½ cup milk



Summary

- Nutritious
- Easy to make
- Delicious

