

Planting Tomorrow's Radio Show

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Purple Passion Power Shake



From Mollie Katzen's "Honest Pretzels" cookbook

When you whip up this beautiful drink and take a few sips, you'll feel like you're bursting with energy? This is so good for you, your parents might even let you drink it for breakfast.

1/3 cup vanilla yogurt
1/3 cup blackberries or blueberries, fresh or frozen (optional)
1/2 ripe banana (optional)
1 tbs freshly squeezed lemon juice
1 cup unsweetened purple grape juice
1 tbs vanilla flavored protein power (can be found at health food stores)
2 ice cubes

1. Spoon the yogurt into the measuring cup until it reaches the line for 1/3 cup
Pour this into the blender.
2. If you like, you can add (either or both):
1/4 cup blackberries or blueberries
1/2 banana
3. Squeeze a lemon. Measure 1 tbs lemon juice and pour this in
4. Measure 1 cup grape juice and pour it in.
5. 1 tbs. protein powder
2 ice cubes
6. Blend until smooth and pour into 1 or 2 glasses.