



PURITY DAIRIES

DELICIOUS RECIPES USING PURITY PRODUCTS

BREAKFAST SHAKE

2 cups unsweetened frozen strawberries

1 cup chilled, Purity 100% Orange Juice

1 cup Purity 1/2 Plus AB Lowfat Milk

1 (8-ounce) carton strawberry low-fat yogurt

Place frozen strawberries, orange juice and milk in container of blender and process until blended. Add yogurt and pulse until blended. Pour into chilled glasses and serve.

Yield: 4-5 servings.