



## Cooperative Extension Service

Department of Family & Consumer Sciences  
Department of Human Nutrition, Food & Animal Sciences  
College of Tropical Agriculture and Human Resources  
University of Hawaii at Manoa

### **EFNEP- EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM**

EFNEP is designed to assist low-income families with young children and youths to acquire knowledge and skills to:

- Improve nutrition intake.
- Be able to select and purchase foods.
- Improve their practices on food preparation, storage, safety, and sanitation.
- Be able to manage their food budgets.



**EFNEP welcomes you to learn more about food and nutrition!**

**— IT'S FREE! —**

An EFNEP program assistant will:

- Arrange 4-6 lessons, each 1-2 hours in length.
- Present information and ideas about planning, shopping, preparing nutritious foods, and food safety.
- Provide recipes and demonstrate food preparation activities (if requested).
- Award a certificate of participation to those completing a minimum of 6 lessons.



Phone: 808-956-4124

Fax: 808-956-6457

URL: <http://www.ctahr.hawaii.edu/NEW>

E-mail: [efnep@ctahr.hawaii.edu](mailto:efnep@ctahr.hawaii.edu)



## MILK SMOOTHIE #1

**Number of servings:** 8 cups

**Ingredients:**

- 2 cups water
- 1 cup powdered milk
- 2 cups of fresh fruit
- 3 cups ice



**Directions:**

1. In blender, ADD water and gradually BLEND in powdered milk.
2. ADD fruits and ice.
3. To prevent spillovers, DO NOT pass the top line of blender.
4. BLEND until smooth and SERVE.

**Variations:**

Fresh fruits may include: banana, mango, papaya, strawberry, etc.

Use frozen or canned fruits.

The more ice used, the more frosty the drink becomes.

Liquid/fluid milk may be used (2 cups) in place of powdered milk and water.