



Niagara County Office for the Aging
111 Main Street, Suite 101
Lockport, NY 14094
Eat Well...Stay Well Dining Program
439-4030

*Recipe provided by Niagara County Office for the Aging,
Eat Well...Stay Well Dining Program*

Milk Punch

1 quart low-fat vanilla frozen yogurt
1 ½ cup pineapple juice
¼ cup orange juice
1 ½ teaspoon lemon juice
2 cups cold skim or 1 % Milk

Mix together until frothy by hand.
Put in Punch Bowl to serve in holiday glasses.