



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.