

Girl Guide COOKIES

A great recipe for growing girls

Sasha's Cookie and Cream Smoothie

This recipe came from the Bone Building Challenge – Nutrition. Check out the challenge at www.girlguides.ca under program ideas.

Share this tasty treat with a friend or two. It's also a good source of calcium!

Makes one serving.

Recipe Ingredients

½ cup of skim milk

½ cup vanilla frozen yoghurt

1 chocolate Girl Guide classic cookie (crumbled).

Method

Blend all ingredients in a blend together until smooth.

ENJOY!