SHOPPING LIST

Milk & Honey Drink

- ◯ Ice Cubes
- ◯ Low Fat Milk
- ◯ Banana
- ◯ Honey
- ◯ Ground Nutmeg or Cinnamon

First, check off the items you already have at home.

CUT

CUT

CUT

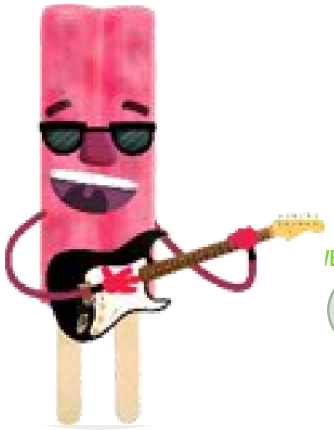
Freezerburn presents

DRINKS

PBS KIDS GO!

FIZZY'S LUNCH LAB

Milk & Honey Drink



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	4
YES	Less than 30 min.	Easy	

YOU WILL NEED

6 ice cubes

2 cups low fat milk

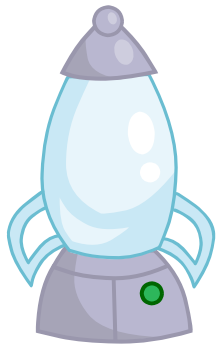
1 over-ripe banana, sliced

1 tablespoon honey

Pinch ground cinnamon or nutmeg

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!



STEP 1: Place everything in a blender and blend until frothy.

STEP 2: Divide evenly between 4 glasses and serve immediately.

pbskidsgo.org/lunchlab

Nutrition Facts

Serving Size (189g)
Servings Per Container 4

Amount Per Serving	
Calories 110	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 70mg	3%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 5g	

Vitamin A 6% • Vitamin C 4%
Calcium 25% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4