



# Purple Cow



**Servings: 8      Difficulty Level: 2      Prep Time: 10 minutes**

## Ingredients:

- 1 pint ( 2 cups) vanilla ice cream
- 1 (6 oz) can frozen grape juice concentrate
- 1 ½ cups reduce fat milk

## Directions:

Soften ice cream by taking it out of the freezer and setting it on the counter.

Open the can of frozen grape juice concentrate.

Use a rubber spatula to empty the can into the blender. Measure the milk and add it to the blender.

Spoon the softened ice cream into the blender.

Cover the blender container tightly with lid.

Blend until smooth. Serve immediately.

## Nutrition Analysis:

256 calories

6 grams protein

9 grams fat

39 grams carbohydrate

205 mg calcium

1 gram fiber

