

# DOUBLE your SNAP Dollars and make a delicious meal!

## Ingredients:

- 1 cup 100% juice (orange, grape, pineapple, or banana)
- ½ cup nonfat or lowfat milk
- Ice cubes

Or

- ¾ cup juice
- ½ cup lowfat vanilla or plain yogurt
- ½ cup canned peaches or fresh fruit

**Try different combinations with ingredients you have on hand. Some ingredient options include:**

- Banana (fresh or frozen), berries (fresh or frozen), cinnamon, vanilla, non-dairy milk, peanut butter or other nut butter, and spinach

## Create Your Own Smoothie!



## Instructions:

Blend all ingredients.

**Options if you don't have a blender:** Put ingredients in a bowl and mix with an electric or a hand beater. OR: Put ingredients in a pitcher or a jar with a tight-fitting lid and shake

**Notes:** Frozen fruit will make the smoothie thicker. Nutrition Facts label shows information for 1 cup orange juice, ½ cup nonfat milk, and ice cubes.

**Nutrition Facts:** Servings: 1, Serv. size: 2 cups  
**Amount per serving:** Calories 160, Total Fat 0g, Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 60mg, Total Carb. 35g, Fiber 1g, Total Sugars 27g (Incl. 0g Added Sugars), protein 6g

See back for details on **DOUBLING** your SNAP purchasing power!

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# How to stretch your SNAP dollars at the market:

Get **FREE** fruits & vegetables with  
**DOUBLE SNAP DOLLARS**  
in 3 easy steps:



**BUY \$1**



**GET \$1**

**1**

Bring your EBT Card to the market info booth before you shop

**2**

Swipe EBT Card to get market tokens for SNAP-eligible foods

**3**

Also ask for FREE Double SNAP Dollar (DSD) tokens to spend on fruits and veggies—up to \$20!

Find all sites and learn more at [DoubleDollarsMT.com](http://DoubleDollarsMT.com)

**And there's more!**



**SIGN-UP** for  
**Buy Eat Live Better's**  
**FREE** nutrition classes



**Earn up to three \$20 Double SNAP Dollar Coupons for attending!**

To register for a class, go to [www.buysatlivebetter.org](http://www.buysatlivebetter.org) and click on "Class Sign Up."



Community Food & Agriculture Coalition



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