

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

And there's more!



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



Earn additional Double SNAP Dollars:
\$10 coupon provided for each class you attend!

To register for a class, go to www.buysatlivebetter.org and click on "Class Sign Up."



Community Food & Agriculture Coalition



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