

# Mix Up Some Fun

(NAPSA)—When kids are out of school, try letting them get creative in the kitchen and have fun making delicious and cool creations that are nutritious to boot. For a chance at a \$10,000 scholarship, kids can create their own “milk mixers” and enter the “Mix It With Milk ’n JELL-O®” contest running through October 15, 2003.

Get the ideas started and take a break this summer by making a Peanut Butter & Jelly Milk Mixer for an afternoon treat. Adding JELL-O® gelatin to a glass of milk may seem like a curious mix, but this snack is as fun to drink as it is to make. Kids will enjoy the tasty combination of grape flavored gelatin and smooth, creamy peanut butter added to a full serving of milk. Moms will appreciate that this fun mixer is made with milk that provides calcium for stronger bones and other essential nutrients like protein and vitamin D.

With limitless combinations of great tasting gelatin or instant pudding mixed with wholesome milk and whatever other ingredients their imaginations can dream up, kids will be kept busy stirring up fun this summer. For more information on the “Mix it With Milk® ’n JELL-O®” contest and other JELL-O® products, visit [www.jell-o.com](http://www.jell-o.com).

## PEANUT BUTTER & JELLY MILK MIXER

*Prep Time: 5 minutes*

**1 cup fat free milk**  
**2 tbsp. JELL-O® brand grape**



**flavor gelatin (dry powder)**  
**1 tsp. creamy peanut butter**

**POUR** milk into a tall glass. **Add gelatin; stir several minutes until gelatin is completely dissolved. Stir in peanut butter. Serve immediately.**

**MAKES 1 serving.**

**Variation: Prepare as directed, using crunchy peanut butter.**

**Nutrition Information Per Serving: 200 calories, 3g total fat, 1g saturated fat, 32g carbohydrate, 31g sugars, 11g protein, 30%DV calcium.**