

Sit Back, Relax And Enjoy A Beer – It's Good For You!

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**By News Canada**

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Did you know

12 oz. serving of Labatt Blue has only 140 calories

12 oz. serving of juice has 180 calories

12 oz. serving of cola has 150 calories

1 cup of brown rice has 214 calories

For more information on beer visit [www.labattblue.ca](http://www.labattblue.ca). Cheers!

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### **Best Recipes: Root Beer Float Milkshake**

**By Donna Monday**

Root Beer Float Milkshake Root beer 3 tablespoons chocolate syrup 2 – 3 scoops vanilla ice cream

Directions

Blend all ingredients until smooth.

<http://www.1st-milkshake-n-smoothie-recipes.com>

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