

Banana Milkshake

- 1 banana
- 1 cup milk
- 5 scoops vanilla ice cream
- 1 teaspoon sugar

What to Do

Place the banana, milk, ice cream and sugar in the blender.
Add vanilla ice-cream.
Blend for about 45 seconds, until smooth.
Pour into glasses and enjoy.



Strawberry Banana Milkshake

- 1 cup milk
- 2 scoops vanilla ice cream
- 4 large fresh strawberries (or 1/2 cup frozen strawberries)
- 1 large banana, chopped

Blend together for one minute.



Old Fashioned Chocolate Milkshake

- 1 cup chocolate or vanilla ice cream
- 1/2 cup whole milk
- 3 - 4 tablespoons chocolate syrup

Blend together until smooth.

