



# Milkshakes

## Ingredients:

### Cosmic chocolate:

180ml milk  
2tsp drinking chocolate  
2tbsp mint choc chip ice cream  
1/2 tsp sugar or sweetener to taste

### Sunshine surprise:

1 small can apricots  
150ml mango/passion fruit yoghurt  
1tbsp desiccated coconut  
1-2 tbsp honey (optional)

### Saturn shake:

150ml strawberry yoghurt  
100g strawberries  
Few drops vanilla essence  
1 scoop strawberry ice cream

## Method:

1. Using a blender if available, mix all ingredients for your preferred milkshake together and enjoy!

### Moonbeam:

1 banana sliced  
2 rings canned pineapple or equivalent fresh or crushed  
180ml milk  
1-2 tbsp honey (optional)  
Handful ice (optional)

### Blueberry blast:

180ml milk  
1 scoop vanilla ice cream  
Hand full of blueberries  
1/2 tsp vanilla essence  
Pinch ground nutmeg  
1/2 tsp sugar or sweetener to taste