



Milkshake

Make your own delicious milkshakes with fresh fruit (and your parent's permission). This recipe makes 4 milkshakes.

Ingredients: 400g fresh strawberries or 4 bananas
600ml cold milk
8 scoops vanilla ice cream

Equipment: knife (you need an adult to supervise)
chopping board
blender

Method:

1. Remove the stalks from the strawberries or peel and chop the bananas.
2. Place in a blender/ liquidiser and blitz to a purée.
3. Add the milk and ice cream and blend for 1 minute until frothy.
4. Pour into 4 tall glasses and serve.

For the banana one, try adding 4tbsp of toffee sauce or try chocolate ice cream instead of vanilla.

Try your own combinations and see how they taste. Upload a photo of your creation; we would love to see them.