



Recipe Strawberry Milkshake

Serves Four

Ingredients

- 300ml cold whole milk
- 3 scoops vanilla ice cream
- 350g strawberries, washed and with their leafy bits removed
- 3 tsp sugar (optional)

Directions

Wash your hands and then put the ingredients into a blender.

Whizz together until smooth and frothy. Serve in glasses with straws.

Some simple tips when making milkshakes: Add milk to blender first, then the ice cream and your choice of fruit.

Blend for less time if you want fruity chunks in your shake.

Add less milk for thicker milkshakes.