

Snacky Stuff Milkshakes!



Strawberry Milkshake

Ingredients:

- 1 cup fresh strawberries (fresh or frozen)
- 1 pot low fat strawberry yoghurt
- 1 cup semi-skimmed milk

Equipment:

- Hand blender
- Jug
- 2 glasses



Recipe:

- 1 Remove the stalks from the strawberries if using fresh reserving 2 for decoration.
- 2 Place all ingredients into a jug and blend using a hand blender.
- 3 Pour into two glasses.
- 4 Half the two reserved strawberries half way down, place strawberry on the rim of the glass.

Banana Milkshake

Ingredients:

- 1 large banana
- 1 small pot low fat natural yoghurt
- 1 cup semi-skimmed milk
- 2 teaspoons honey
- 2 tablespoons porridge oats
- 5 tablespoons apple juice

Equipment:

- Hand blender
- Jug
- 2 glasses



Recipe:

- 1 Soak the porridge oats in apple juice for 1 hour.
- 2 Peel and roughly chop banana.
- 3 Place all ingredients, including oats and juice, into a jug and blend using a hand blender.
- 4 Pour into two glasses and serve.

Chocolate Milkshake

Ingredients:

- 3 bourbon biscuits
- 1 pot low fat natural yoghurt
- 1 cup semi-skimmed milk

Equipment:

- Hand blender
- Jug
- 2 glasses



Recipe:

- 1 Break up the biscuits into small pieces.
- 2 Place all ingredients into a jug and blend well using a hand blender until thick and frothy.
- 3 Pour into two glasses.