

Allergy Friendly Black & White Milkshake

MILK EGG PEANUT WHEAT TREE NUT
SOY FISH SHELLFISH SESAME

LEVEL	CATEGORY	TIME	SERVES
Apprentice	Dessert	15 minutes	2 Glasses of Milkshake

Creamy and thick with a perfect balance of sweetness make this milkshake recipe a fantastic treat. It is right between a vanilla and chocolate milkshake which I refer to as my black and white milkshake. You can also whip this recipe for when you need a soothing treat for sore throats!

Ingredients:

2 Cups Vanilla Ice Cream Allergy Friendly (So Delicious® or Cado®)
1 Cup Dairy Free Milk
¼ Cup Allergy Friendly Chocolate Sauce (AH!LASKA®)

Tools:

1 Ice Cream Scoop or Large Spoon
1 Blender
1 Spatula
2 Large Glasses for Serving

Instructions:

1. Place ½ cup of your dairy free milk in the bottom of the blender. Next place the 2 cups of allergy friendly ice cream on top. Place the last ½ cup of dairy free milk on top of the ice cream. Pour the ¼ chocolate sauce on top of everything in your blender.
2. Place the top on your blender. Pulse your blender a few times and then blend on high until the mixture is smooth. If you want a thinner milkshake just add more dairy free milk until you have the desired consistency. If you would like it thicker add more ice cream.
3. Pour the milkshake mixture evenly into your two glasses. Use the spatula to get all of the milkshake mixture into the glasses.
4. Serve with a spoon and or straw. Enjoy!

Tip: You can omit the chocolate sauce and add 1tsp vanilla for a classic vanilla shake. You may also add more chocolate sauce to give it deeper chocolate flavor. A truly versatile recipe!

Trick: You can squirt chocolate sauce in your empty glasses on the sides and then fill with the milk shake. It is a great chocolate visual effect and tastes great 😊

