



Black forest cherry shake

Serves 4

Recipe by Katelyn Williams

Ingredients :

- cups low fat vanilla ice cream
- ¼ cup cocoa powder
- Selati sugar or sweetener, to taste
- 1 cup tinned cherries, drained
- 1 cup fat-free milk
- ½ cup chopped dark chocolate (optional)
- Fresh cherries and chocolate shavings, to garnish

Methods :

Place the ice cream, cocoa powder, Selati sweetener or sugar, cherries, milk and chocolate in a blender and blend until smooth. Pour into chilled milkshake glasses and garnish with fresh cherries, chocolate shavings and a red striped straw.