



Milkshake

Serves 2

Ingredients :

- 4 scoops vanilla ice cream
- 1 cup milk
- 1t Selati sugar or Selati sweetener, to taste

Methods :

Place the ice cream and milk in a blender with the sugar or sweetener and blend until thick and smooth. Pour into 2 serving glasses.

VARIATIONS:

Strawberry – drizzle 1 tbsp strawberry puree or syrup into the ice cream mixture before blending.

Bubblegum – drizzle 1 tbsp bubblegum syrup into the ice cream mixture before blending.