

Milkshake -Chocolate, Strawberry & Caramel

GREEN ACT/SA / Everyday NSW

Makes 10 serves

Ingredients:

- 2.5 litres reduced fat milk
- 2 cups Greek style yogurt, frozen into an ice-cube tray
- 2/3 cup flavoured syrup (chocolate, strawberry or caramel)
- 1 tsp. vanilla essence

Method:

1. Place all ingredients in a blender and blend till well mixed and frothy
2. Divide into 10 cups.

Variations:

- Chocolate- You can use milo or chocolate powder instead of syrup
- Strawberry- Use fresh strawberries when in season instead of syrup

Tips:

- When strawberries are in season, it is a great idea to make your own puree and freezing it in portions (you can use an ice cube tray to do this).

Nutrition information:

	Per serve (300g)	Per 100g
Energy (kJ)	843	270
Protein (g)	12.8	4.1
Fat – total (g)	4.2	1.3
Fat – saturated (g)	2.8	0.8
Carbohydrates – total (g)	27.4	8.7
sugar (g)	25.8	8.3
Sodium (mg)	149	48
Fibre (g)	0	0