

# Shake it Up



## **Peach and Ginger Milkshake**

**Ingredients:**           **Makes approximately 4 servings**

5-6 large scoops of vanilla ice cream

3 fresh peaches, peeled and sliced or 2 cups frozen peach chunks

1.5 inch piece of ginger, peeled and sliced

$\frac{1}{2}$  cup milk

$\frac{1}{2}$  cup nutritional supplement\* (vanilla)

pinch of salt

### **Instructions:**

1. Pour the milk, supplement, salt, and ginger in the blender. Pulse on high speed for about 20 seconds until all the ginger is fully pureed.

2. Strain this mixture through a sieve or cheesecloth to remove all the ginger fibers.

3. Add ice cream and peaches to blender. Blend until smooth.

\* If prefer, may add 1 cup supplement without milk. You will need at least  $\frac{1}{2}$  cup supplement.



## **Green Tea Milkshake**

**Ingredients:**           **Makes approximately 4 servings**

1 cup vanilla ice cream

$\frac{1}{2}$  cup nutritional supplement (vanilla)

$\frac{3}{4}$  cup brewed green tea

1 tablespoon honey

$\frac{1}{2}$  teaspoon vanilla

12 cubes ice cubes

### **Directions:**

Combine ice cream, supplement, green tea, honey, vanilla, and ice cubes. Blend until smooth.



## Blackberry Cobbler Shake (from Ensure Recipes)

**Ingredients:**                      **Makes 2 servings**

- 1 cup chilled nutritional supplement (vanilla)
- 1 cup frozen whole blackberries, unsweetened
- 1 teaspoon sugar
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{1}{4}$  teaspoon nutmeg

**Directions:**

Combine all ingredients in blender. Mix until thick. Serve immediately or freeze for 10-15 minutes.

200 calories, 5 g protein per serving

## Hot Chocolate Shake (from Ensure Recipes)

**Ingredients:**                      **Makes 1 serving**

- 1 cup chilled nutritional supplement (vanilla or chocolate)
- 1 cup chocolate ice cream
- $\frac{1}{4}$  packet instant hot cocoa mix
- $\frac{1}{4}$  tsp cinnamon (optional)



**Directions:**

Combine supplement and ice cream in blender. Blend until smooth.

400 calories, 11 g protein per serving



## Strawberries and Cream Shake

**Ingredients:**                      **Makes 1 serving**

- 1 cup frozen strawberries
- 1 cup nutritional supplement (strawberry)
- $\frac{1}{2}$  cup vanilla yogurt
- 2 scoops vanilla ice cream

**Directions:**

Combine all ingredients in blender. Blend until smooth.