

Iced Milk Shake

This shake is a great way to kick off your day. One minute in the blender and you'll be on your way.

Makes: 2 servings

Ingredients

- 1 cup milk
- ½ cup dry milk
- 2 ripe bananas
- ½ teaspoon vanilla
- 10 large ice cubes

Directions

1. Place all ingredients into a blender.
2. Blend for 30 seconds to 1 minute until smooth.

Recipe from: *Cooking with What You Have*, Cornell Cooperative Extension of Onondaga County, adapted by the USDA Food and Nutrition Administration.



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