

# Recipes for Shakes With Dairy

To make each of these shakes, combine all ingredients in a blender and blend until smooth.

## Basic High-Protein Drink

- 1 packet Nestlé Carnation Breakfast Essentials
- 1 cup whole milk
- ½ cup vanilla ice cream

*Yield:* One 12-ounce serving

*Nutrition information per serving:* 530 calories, 23 grams protein

## Buttermilk Smoothie

- ¼ cup buttermilk
- ¼ cup lemonade or orange juice
- ½ cup vanilla ice cream
- ¼ cup liquid egg substitute

*Yield:* One 1-cup serving

*Nutrition information per serving:* 250 calories, 12 grams protein

## Chocolate Mint Shake

- ½ cup chocolate ice cream
- 1 package Nestlé Carnation Breakfast Essentials
- ½ cup whole milk
- ½ teaspoon peppermint extract

*Yield:* One 12-ounce serving

*Nutrition information per serving:* 435 calories, 20 grams protein

## Fall Spice Latte

- 2 tablespoons canned pumpkin pie mix
- 1 teaspoon decaffeinated instant coffee
- ½ cup whole milk
- ½ cup vanilla ice cream
- 1 dash ground cinnamon
- 1 dash ground nutmeg

Top with cinnamon and nutmeg.

*Yield:* One 1-cup serving

*Nutrition information per serving:* 250 calories, 7 grams protein

## Mexican Chocolate Shake

- ¼ cup whole milk
- ¼ cup sweetened condensed milk
- ½ cup vanilla ice cream
- ¼ cup unsweetened cocoa powder
- 1 tablespoon cinnamon

*Yield:* One 1-cup serving

*Nutrition information per serving:* 475 calories, 15 grams protein

## Orange Sherbet Shake

- ¾ cup orange sherbet
- 1 cup whole milk
- ½ cup sliced peaches (may substitute pears or apricots)
- 1 tablespoon thawed frozen orange juice concentrate

*Yield:* One 1-cup serving

*Nutrition information per serving:* 430 calories, 11 grams protein