

Green Tea Smoothie

Makes 3 - 16oz servings

Ingredients:

Soy Milk: 3 cups or 710 ml

Green Tea: 3 cups or 710 ml



Preparation:

1. Freeze Green Tea and crush
2. Blend crushed Green Tea with soy milk
3. Serve immediately

Tip: Use an ice cube tray to make green tea cubes, crush green tea cubes in blender, then, blend in soy milk.

Strawberry Ice Cream Milkshake

Makes 4 - 16oz servings

Ingredients:

Fresh Strawberries: 4 cups or 946 ml

Vanilla Ice Cream: 4 cups or 946 ml

Preparation:

1. Use blender to make puree of Fresh Strawberries
2. Add Vanilla Ice Cream and blend together
3. Serve immediately

Tip: 4 cups = 1 quart = approx. 1 Liter
Strawberries are sold in 1 quart or 1 Liter containers
~ 1 container of fresh strawberries = 4 servings

Caramel Ice Cream Milkshake

Makes 3 - 16oz servings

Ingredients:

Milk: 2 cups or 473 ml

Caramel Ice Cream: 4 cups or 946 ml

Liquid Caramel: 2 tablespoons or 30ml(cc)

Preparation:

1. Use blender to blend Milk + Caramel Ice Cream
2. Drizzle Liquid Caramel on inside of glass
3. Add Milk + Ice Cream mixture and serve immediately

Tip: Liquid Caramel can be found in 'easy to drizzle' containers in any supermarket.

