

# Choc Banana Milkshake



## Classification:

Everyday

## Serves:

2

## Prep. Time:

5 min

## Cooking Time:

0 min

## Ingredients:

- 1 Banana, frozen
- 2 tbsp Milo or hot chocolate powder
- 1 cup milk
- 2 tbsp vanilla yoghurt

## Method:

1. Place the frozen banana, milo, yoghurt and milk into a blender.
2. Blend until smooth and creamy.
3. Pour into cups. Enjoy!

## Equipment:

- Blender

## Variations:

- **Vanilla**
  - 2tbsp vanilla yoghurt
  - 1 tsp vanilla extract
  - 1 cup milk
- **Strawberry**
  - ½ cup strawberries (fresh or frozen)
  - 1 cup milk
- **Berries**
  - ½ cup mixed berries (fresh or frozen)
  - 1 cup milk
- **Mango**
  - ½ cup mango (fresh or frozen)
  - 1 cup milk
- **Honey**
  - 2 tbsp honey
  - 1 cup milk

## Tips:

- Choose reduced-fat varieties milk and yoghurt.
- To increase volume, add more milk.