

Milkshake in a Bag

Enjoy summer with a yummy milkshake you can make at home! Milkshakes along with other dairy foods like cheese and yogurt are rich in calcium, protein, and vitamins. They help build strong bones and teeth. Eating dairy foods that have Calcium keeps your nerves, heart, and muscles healthy, and may help regulate your blood pressure.



Ingredients Needed:

- 1 Cup milk
- 1 Tablespoon sugar
- 1/2 Teaspoon vanilla
- 1/3 Cup Salt
- Ice
- Optional: smashed strawberries

Other Items Needed:

- Liquid measuring cup
- Measuring spoons
- Glass and spoon/straw

Items Provided:

- 1 Gallon Ziploc bag
- 1 Quart Ziploc bag

Directions:

- Wash hands with soap and water.
- Fill the larger (gallon) Ziploc bag 1/2-3/4 full of ice, then sprinkle salt on ice and seal. Set aside.
- Place Quart Ziploc bag into cup as shown in pictures. Pour the milk, sugar, and vanilla into Ziploc bag and seal. Place quart bag inside the larger bag making sure both are sealed.
- Shake the bags for about 5 minutes — Set a timer if needed!
- Place the bag in the sink and take out the small bag. Rinse it under cold water to get off all the salt before opening. Pour milkshake in your glass and enjoy!



Nutrition Information: Serving Size: 1, Servings per recipe: 2

Calories 105.5

Total Carbohydrates 12.1g

Total Fat 4.5g

Protein 4g

Saturated Fat 2.8g

Fiber 0g

Sugars 6.4g