

# Caramel Apple Milkshake

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## **Servings: 2**

*2 cups vanilla ice cream*

*1/4 cup apple butter*

*1/4 cup dark spiced rum*

*1/4 cup milk*

*2 tablespoons caramel sauce*

*2 teaspoons vanilla bean paste*

*whipped cream*

In a high-speed blender, add the ice cream, apple butter, rum, milk, caramel ice cream sauce and vanilla bean paste.

Blend until smooth.

Top with whipped cream and, if desired, a drizzle of caramel ice cream sauce.

If the milkshake is too thick, simply add a little more milk. If too thin, add more ice cream.

*TIP: For a non-alcoholic milkshake, replace the alcohol with additional milk.*

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Per Serving (excluding unknown items): 358 Calories; 16g Fat (37.8% calories from fat); 6g Protein; 52g Carbohydrate; 1g Dietary Fiber; 62mg Cholesterol; 121mg Sodium. Exchanges: 0 Non-Fat Milk; 3 Fat; 3 1/2 Other Carbohydrates.