

Beverage

Blueberry Malt

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Boozy milkshake

1 cup vanilla ice cream

1/2 cup fresh or frozen blueberries

1/4 cup milk

2 tablespoons malted milk powder

1 shot amaretto liqueur

whipped cream (for garnish)

fresh blueberries (for garnish)

In a blender, combine the ice cream, blueberries, milk, malted ,milk powder, amaretto and three ice cubes.

Blend on medium speed until thick and smooth.

Divide among small glasses.

Top with whipped cream and fresh blueberries.

Yield: 2 mini shakes

Per Serving (excluding unknown items): 452 Calories; 19g Fat (37.8% calories from fat); 11g Protein; 61g Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 313mg Sodium. Exchanges: 0 Non-Fat Milk; 4 Fat; 4 Other Carbohydrates.