

Dessert

Chocolate Cherry Buttermilk Shake

Alison Ladman - For the Associated Press
St. Lucie News Tribune

Servings: 2

Start to Finish Time: 10 minutes

1 cup chocolate ice cream

1 cup frozen, pitted dark cherries

1 cup buttermilk

6 chocolate sandwich cookies, coarsely chopped

In a blender, combine the chocolate ice cream, frozen cherries and buttermilk. Blend until smooth.

Add the chocolate sandwich cookies and stir to combine.

Serve immediately.

Per Serving (excluding unknown items): 192 Calories; 8g Fat (37.7% calories from fat); 7g Protein; 24g Carbohydrate; 1g Dietary Fiber; 27mg Cholesterol; 179mg Sodium. Exchanges: 1/2 Non-Fat Milk; 1 1/2 Fat; 1 1/2 Other Carbohydrates.