



Banana Milkshake



Ingredients

3	Ripe bananas
1 cup	Low-fat milk
1 Tbsp	Vanilla extract

Supplies & Equipment

- Knife
- Cutting board
- Baking sheet ~or~ Large plate
- Wax paper ~or~ parchment paper
- 1 cup measuring cup
- Tablespoon measuring spoon
- Blender ~or~ food processor

*Recipe from www.anniesnoms.com

Directions

1. Prepare the bananas: Slice the bananas into coins. Arrange slices on a baking sheet or a large plate that is lined with wax paper or parchment paper.
2. Place the bananas in the freezer for at least 2 hours.
3. Make the milkshake: Add the frozen bananas, milk, and vanilla extract to a blender or food processor and blend until smooth. Enjoy!

Play around with the amount of milk you add – for a thicker milkshake, try starting with 1/2 cup of milk. Slowly add more milk until the milkshake reaches the perfect thickness!