**Milkshakes**

**Strawberry and banana**



Ingredients;

* 2 cups of cold milk
* 1 cup of strawberries, chopped
* 4 Tbsp of sugar
* 4 ice cubes
* 2 bananas, chopped

Method;

1. Add the milk, bananas, strawberries, ice cubes, and sugar into a blender jar. Churn well until smooth.
2. Pour into a glass and serve immediately.

**Lemon**



Ingredients;

* 1 cup of milk
* 2 Tbsp of sugar
* 1 medium sized banana
* 3 Tbsp of lemon concentrate
* ½ cup of vanilla ice cream
* 1 cup of ice cubes

Method;

1. Put all the ingredients into a blender jar. Churn until smooth.
2. Serve chilled.

**Apple and cinnamon**



Ingredients;

* Apple - 1.5 cups, peeled & chopped
* Milk - 2 cups
* Sugar - 2 tbsp
* Cinnamon powder - 1/2 tsp

Method;

1. Put all the ingredients into a blender jar. Churn until smooth.
2. Pour into glasses and sprinkle a little cinnamon on top.
3. Serve immediately.