



# Honey Milkshake

*...ice is nice!*

## *Ingredients:*

*600ml (1 pint) of milk  
30ml (2 tbsp) of clear honey (most important!)  
8 scoops of vanilla ice-cream*

- *You will need a blender  
(A very fast spinning thing that makes a lot of noise).*
- *Put the milk, honey and half the ice-cream in the  
blender and spin it until it goes all frothy.  
(Ask an adult to help when using the blender).*
- *Pour into glasses and share with friends!*