



THE J.M. SMUCKER Co

Chocolate Peanut Butter Shake

Prep Time Cook Time Serves Difficulty

10 mins N/A 4 N/A

Ingredients

- 1 1/2 cups (375 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk
2% Evaporated Partly Skimmed Milk
- 2 cups (500 mL) frozen chocolate yogurt or ice cream (small scoops)
- 1 banana, cut up
- 1/4 cup (50 mL) chocolate sundae sauce
- 1/4 cup (50 mL) peanut butter

Directions

Step 1:

In a blender, combine evaporated milk, ice cream, banana, chocolate sauce and peanut butter.

Step 2:

Pulse to break up ingredients, then process on high speed until smooth.

Cut up frozen bananas can be used in shake, but extra time will be required to break up

Images

