



Strawberry/Banana Shake

Ingredients:

½ of a 1 pound pkg of Strawberries
2 Bananas
1 cup of Carnation/Evaporated Milk
½ cup of Cold Water
2 tbsps. Sweetened Condensed Milk **OR** Granulated Sugar
½ tsp. juice of lemon
¼ tsp. Vanilla **OR** Almond Extract
Pinch of Salt

Directions:

1. After removing the leafy ends and washing the strawberries thoroughly, place them on a parchment lined baking sheet and place it in the freezer until frozen.
2. Using only half of the frozen strawberries (about ½ a pound), place it in a blender along with the remaining ingredients: 2 bananas, 1 cup of carnation/evaporated milk, ½ cup of cold water, 2 tbsps. of sweetened condensed milk **OR** granulated sugar, ½ tsp. of lemon juice, ¼ tsp. of vanilla **OR** almond extract, and a pinch of salt.
3. Blend ingredients together until smooth and enjoy!