**Milkshakes for 2**

2 scoops of ice cream

250 mL milk

125 mL frozen berries

½ banana

Place in blender, cover and blend.

*Always remember the fine points of blending:*

* *to start at the low end of the speed first*
* *there should be movement of the liquid. If it sounds stuck, turn off and using a metal knife, try to dislodge items near the blade. Never stick anything in the blender while it is going! If there still isn’t any movement. Try adding a little bit more liquid.*
* *Note: don’t overmix! The product will warm up and become thinner.*