**Delicious High Calorie Malt**
Whole milk: ½ cup
Half & half: ½ cup
Any flavor ice cream: 2 cups
Nestle Quick®: 2 Tbsp.
Malted milk powder: 1 Tbsp.
CBE** (any flavor): 1 packet
Calories: 1000
Protein: 22 g

**Power Packed Milkshake**
Any flavor ice cream: 1 cup
CBE** (any flavor): 1 packet
Whole milk: ½ cup
Fresh, frozen, canned fruit: ½ cup
Any flavor syrup: 2-4 Tbsp.
Peanut butter (optional): 3 Tbsp.
Calories: 575
Protein: 16-28 g

**Banana Nut Milkshake**
Vanilla ice cream: 1 cup
Half & half: ½ cup
Vanilla CBE**: 1 packet
Banana: ½ medium
Black walnut extract: ½ capful
Calories: 600
Protein: 15 g

**Peppermint Milkshake**
Vanilla ice cream: 1 cup
Vanilla CBE**: 1 packet
Half & half: ½ cup
Peppermint extract: ½ capful
Red food coloring: 2 drops
Calories: 560
Protein: 15 g

**Peanut Butter Cup Drink**
Vanilla ice cream: ½ cup
Heavy whipping cream: ½ cup
Chocolate Syrup: 2 Tbsp.
Smooth peanut butter: 2 Tbsp.
Calories: 830
Protein: 15 g

**Chocolate Almond Milkshake**
Chocolate ice cream: 1 cup
Chocolate CBE**: 1 packet
Half & half: ½ cup
Almond Extract: ½ capful
Calories: 560
Protein: 15 g
### Creamy Milkshake Shake
Vanilla ice cream: 1 cup  
Heavy whipping cream: 1/3 cup  
Eggnog mix: 2 Tbsp.  
Sugar: 1 Tbsp.  
Calories: 680  
Protein: 16 g

### Swiss Miss® Drink
Vanilla ice cream: 1 cup  
Whole Milk: 1/3 cup  
Swiss Miss®: 1 packet  
Eggnog mix: 3 Tbsp.  
Calories: 625  
Protein: 14 g

### Vanilla Shake
Vanilla ice cream: 1 cup  
Whole milk: ½ Cup  
Skim milk powder: 1 Tbsp.  
Vanilla: 1/8th tsp.  
Calories: 475  
Protein: 11 g  
Carbohydrates: 60 g

### Peanut Butter Shake
Vanilla ice cream: 1 cup  
Half & half: ½ cup  
Chocolate syrup: 3 Tbsp.  
Smooth peanut butter: 2 Tbsp.  
Calories: 810  
Protein: 19 g  
Carbohydrates: 77 g

### Chocolate Shake
Chocolate Ice Cream: 1 cup  
Whole Milk: ½ cup  
Skim Milk Powder: 1 Tbsp.  
Chocolate Syrup: 1 Tbsp.  
Calories: 440  
Protein: 12 g  
Carbohydrates: 54 g

### Creamy Vanilla Shake
Vanilla Ice Cream: 1 cup  
Heavy Whipping Cream: ½ cup  
Sugar: 1 Tbsp.  
Calories: 745  
Protein: 8 g  
Carbohydrates: 42 g

### Chocolate Mocha Shake
Vanilla Ice Cream: 1 cup  
Whole Milk: ½ cup  
Instant coffee**: 1 tsp.  
Chocolate CBE**: 1 packet  
Calories: 515  
Protein: 15 g  
Carbohydrates: 66 g

### Fortified Vanilla Shake
Vanilla Ice Cream: 1 cup  
Whole milk: ½ cup  
Vanilla CBE**: 1 packet  
Calories: 505  
Protein: 15 g  
Carbohydrates: 63 g
<table>
<thead>
<tr>
<th>Smoothie Name</th>
<th>Ingredients</th>
<th>Calories</th>
<th>Protein</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Creamy Peach Smoothie</strong></td>
<td>Vanilla ice cream: 1 cup, Whole Milk: ½ cup, Peach:1 each</td>
<td>435</td>
<td>11 g</td>
<td>51 g</td>
</tr>
<tr>
<td><strong>Fortified Creamsicle Shake</strong></td>
<td>Vanilla ice cream: ½ cup, Orange Sherbet: ½ cup, Whole milk: ½ cup, Vanilla CBE**: 1 packet</td>
<td>460</td>
<td>13 g</td>
<td>70 g</td>
</tr>
<tr>
<td><strong>Blueberry Lemon Smoothie</strong></td>
<td>Vanilla ice cream: ½ cup, Half &amp; half: 1 cup, Frozen blueberries: ½ cup, Sugar: 2 Tbsp., Lemon juice: 1 Tbsp.</td>
<td>55</td>
<td>12 g</td>
<td>41 g</td>
</tr>
<tr>
<td><strong>Banana Pineapple Smoothie</strong></td>
<td>Vanilla ice cream: ½ cup, Canned coconut milk: ½ cup, Pineapple juice: ½ cup, Banana: 1 small, Skim milk powder: 2 Tbsp.</td>
<td>560</td>
<td>9 g</td>
<td>61 g</td>
</tr>
<tr>
<td><strong>Fortified Chocolate Shake</strong></td>
<td>Vanilla ice cream: 1 cup, Whole milk: ½ cup, Chocolate syrup: 2 Tbsp., Chocolate CBE**: 1 packet</td>
<td>605</td>
<td>16 g</td>
<td>87 g</td>
</tr>
<tr>
<td><strong>Fortified Banana Orange Smoothie</strong></td>
<td>Sherbet: 1 cup, Whole milk: ½ cup, Vanilla CBE**: 1 packet, Banana: 1 medium</td>
<td>525</td>
<td>12 g</td>
<td>105 g</td>
</tr>
<tr>
<td><strong>Fruity Shake</strong></td>
<td>Whole Milk: 1 cup, Silken tofu or yogurt: ½ cup, Fresh, canned, frozen fruit: 2 cups, Honey: 2-3 Tbsp.</td>
<td>600</td>
<td>16 g</td>
<td></td>
</tr>
<tr>
<td><strong>Orange Jubilee</strong></td>
<td>Lemonade: ¼ cup, Orange juice: ¼ cup, Whole milk: ½ cup, Orange Sherbet ½ cup</td>
<td>380</td>
<td>5 g</td>
<td></td>
</tr>
</tbody>
</table>
Raspberry Rumble
Raspberry yogurt: 1 cup
Half & half: ½ cup
Cranberry juice: ¼ cup
Calories: 330
Protein: 8 g

Lemon flip
Whole milk: ½ cup
Lemonade: ½ cup
Vanilla ice cream: ¾ cup
Calories: 320
Protein: 8 g

Grandma’s Sherbet Float
Lime sherbet: 1 cup
Lemon-lime soda: ½ cup
Crushed pineapple: ¼ cup
Calories: 360
Protein: 6 g

Pineapple Orange Fluff
Orange Sherbet: 1 cup
Pineapple yogurt: ¾ cup
Calories: 330
Protein: 8 g

*Instant coffee not recommended for children
**Carnation Breakfast Essentials® (CBE) powder
-Calories and protein amounts vary with different ice cream

Recipe analysis by Food Processor SQL Version 10.6.0

Additional Tips:
• Calorie and protein amounts vary with different products.
• Carnation Breakfast Essentials® or egg custard mix may be substituted for the eggnog mix.
• Nutrient dense supplements such as Ensure Plus®, Boost Plus®, Glucerna® or a generic version can be substituted as the liquid in the milkshakes