

Vanilla Milkshake



Totals are for this entire recipe:

Calories 200 Fat 0g Fiber 0g Carbs 28g

What you'll need:

- ½ Cup skim milk
- 1 ½ Cup skim milk poured into an ice tray and frozen overnight into cubes
- 2 Teaspoon Vanilla Extract
- 2 Packets sugar substitute – your favorite

Blender
Large glass

Let's get to cooking!

1. Pour unfrozen milk into your blender.
2. Add ½ of your frozen milk cubes and blend until creamy.
3. Add vanilla and sugar substitute and blend.
4. With blender running, slowly add more frozen milk and keep adding until a spoon stands straight up in the blender (with it off of course) This should be a VERY thick shake.
5. Pour into a large glass and enjoy!

NOTE: The frozen milk cubes can be stubborn coming out of the ice trays, so to loosen it up put ½ inch of hot water in a cake pan and set the ice tray in this. After about a minute the frozen milk should pop right out.

My love of ice cream made at ole time family reunions (with an ice cream maker) inspired this **Kitty's Lighter Weigh** recipe!