

# Shamrock Milkshake

Celebrate St. Patrick's Day with this sweet mint-and pistachio flavored milkshake you and your child can make together. Using just a few simple ingredients and easily modifiable, this creamy milkshake makes a special St. Patrick's Day after-school treat or dessert. For a vegetarian or vegan version, use nut, soy, or oat milk and your favorite vegan pudding mix. Garnish with mint sprigs and chocolate or cacao powder.

## What You Need:

- 2 cups milk
- 1 oz. box of pistachio pudding mix
- 2 drops vanilla extract
- 1 drop mint extract
- Blender
- Glasses or cups for serving



## What You Do:

1. Help your child to very carefully pour the milk into the carafe (glass jar) of your blender.
2. Have them open the box of pistachio pudding mix.
3. Next, help them carefully dump the pouch of pudding mix into the carafe, along with the milk.
4. Ask your child to put two drops of vanilla extract into the carafe.
5. Have them add a drop of mint extract.
6. Help your child to very carefully place the lid onto the carafe.
7. Then, ask your child to plug the blender's power cord into the wall.
8. Show them how to hit the pulse button on the blender until the drink is well blended.
9. Let them carefully remove the top from the blender.
10. Finally, help your child pour the contents of the blender into cups to serve.

Enjoy your yummy green treat and have a happy St. Patrick's Day!