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**[100% Effective Natural Hormone Treatment](#)  
Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

**Best Recipes: Classic Vanilla Milkshake**

**By Donna Monday**

**Best Recipes: Classic Vanilla Milkshake**

by: **Donna Monday**

Sometimes plain vanilla is best.

Directions

In a blender combine ice cream, milk, vanilla and sugar.

Blend until smooth.

<http://www.1st-milkshake-n-smoothie-recipes.com>

**Shake Things Up With Fun Milkshakes**

**By Donna Monday**

Blueberry Breakfast Milkshake - with fresh blueberries and apple juice

Peanut Butter Cup Milkshake - with peanut butter cups and chocolate syrup

Jello Milkshake - with any flavor jello and vanilla ice cream

Chocolate Cherry Milkshake - with cherries and chocolate syrup

Chunky Monkey Milkshake - with bananas and chocolate chips

Vanilla Vision Milkshake - with vanilla pudding

## Best Recipes: Classic Vanilla Milkshake

Pumpkin Pie Milkshake - with canned pumpkin and cinnamon

Coffee Fudge Swirl Milkshake - with instant coffee and fudge ripple ice cream

Strawberry Orange Milkshake - with fresh strawberries and orange juice

Irish Milkshake - with Irish cream liquor

Chocolate Tofu Milkshake - with bananas, cocoa powder and maple syrup

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Donna Monday is a contributing author at:

<http://www.1st-milkshake-n-smoothie-recipes.com>

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