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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: Eggnog Milkshake

By Donna Monday

Best Recipes: Eggnog Milkshake

by: **Donna Monday**

May your holiday be truly filled with warmth and joy.

Directions

In blender combine first 5 ingredients. Mix until frothy.

Top each serving with a scoop of ice cream. Sprinkle with nutmeg.

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

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>

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