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**Shake Things Up With Fun Milkshakes**

**By Donna Monday**

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Milkshakes have been around since the old days of drugstore soda fountains. Now days we tend to drink milkshakes mainly when we go out for a bite to eat at a fast food restaurant.

Milkshakes are healthy (they contain calcium) and delicious. The most common milkshake flavors are: strawberry, vanilla and chocolate.

But you don't have to wait for your next fast food trip to enjoy a frothy, cold milkshake. Why not whip out your blender and make your own?

Milkshakes are extremely easy to make and only take a minute or two. Kids especially love milkshakes. What a great way to get them to drink more milk.

If you're bored with the regular strawberry, vanilla and chocolate milkshakes, try these mouth-watering variations:

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

## Shake Things Up With Fun Milkshakes

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

You can find these refreshing cold drink milkshake recipes online with the click of your mouse. So start shaking things up with a fun milkshake today!

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### **Best Recipes: Old Fashioned Chocolate Milkshake**

**By Donna Monday**

Is there any drink more delicious to chocolate lovers than a tall glass of frosty chocolate milk?

How about a chocolate milkshake?

Chocolate milkshakes are easy to make and a delicious indulgence to have with your classic restaurant meal consisting of hamburger, shake and fries. Instead of heading out to the closest fast food joint when you feel that chocolate milkshake craving coming on, why not get out the blender and make it yourself?

Chocolate milkshakes are easy to make and you can control how much chocolate syrup and ice cream you use - and best of all, you decide the quality of ingredients that go into your glass of chocolate heaven.

Here's a quick and easy chocolate milkshake recipe:

Old Fashioned Chocolate Milkshake 1 cup chocolate or vanilla ice cream ½ cup whole milk 3 - 4 tablespoons chocolate syrup

Directions

Put all the ingredients a blender.

## Shake Things Up With Fun Milkshakes

Blend until smooth.

Enjoy!

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Easy to make - fun to drink

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