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Dessert | Snack

Chocolate Peppermint Milkshake

Side Effect: Weight Loss/Low Appetite

10 Mins	0 Mins	2
Prep Time	Cook Time	Servings

858 Calories 56g Fat 83g Carbs 12g Protein

Ingredients

2 Servings 10 Mins Total Time Allergens: Dairy, Gluten

- 3 Heaping Scoops Chocolate Ice Cream
- 3 Heaping Scoops Vanilla Ice Cream
- ½ Cup Pasteurized Heavy Cream
- ½ Cup Pasteurized Whole Milk
- ¼ Cup Chocolate Mint Cookies, crushed (plus more for topping)
- 1 Tsp Peppermint Extract
- Whipped Topping, optional

Allergen Swap

Dairy Replace ice cream and whole milk with dairy-free versions and replace cream with full-fat coconut milk.

Gluten Replace cookies with a gluten-free version or omit.

Nourishment Note

Peppermint

Peppermint may help ease nausea, a common side effect from cancer medications.

Full-Fat Dairy

Full-fat dairy products, such as cheese, cream, and whole milk, are high in calories. A high-calorie diet may be necessary if unwanted weight-loss is occurring. Dairy also provides important nutrients such as calcium, potassium, and vitamin D.

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Instructions

1. Wash Hands
Wash hands with soap and water.

2. Blend Ingredients
To a blender, combine ice cream, heavy cream, milk, cookies, and peppermint extract. Blend on high until thick and creamy.

3. Add Toppings & Serve
Pour into a tall glass and top with whipped topping and additional cookie pieces.

4. Enjoy
Enjoy milkshake immediately and discard any leftovers.

5. Wash Hands
Wash hands with soap and water.

Recipe adapted from: foodnetwork.com

What You'll Need

- Ice Cream Scoop
- Measuring Cups
- Measuring Spoon
- Blender

Fatigue Buster

- Ask a friend or family member to help prepare this milkshake.