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Mini Coconut Cream Pie Shake ♦♦

A delicious and creamy shake inspired by coconut cream pie. It combines the flavors of coconut, vanilla, and graham crackers for a delightful treat. Perfect for any occasion!

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

1 c	Coconut Milk
2 c	Vanilla Ice Cream
1 tsp	coconut extract
4 pieces	Graham Crackers
0.5 c	whipped cream
2 tbsp	toasted coconut flakes

Directions

Step 1

Blender

In a blender, combine coconut milk, vanilla ice cream, and coconut extract. Blend until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Crush graham crackers into small pieces.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Serving

Pour the shake into glasses and top with whipped cream.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Sprinkling

Sprinkle crushed graham crackers and toasted coconut flakes on top.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 25 g

Protein: 5 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	3 g	7.89%	12%
Sugars	35 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Course

Desserts Drinks Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter
Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

Demographics

Kids Friendly Senior Friendly Teen Friendly Pregnancy Safe
Lactation Friendly Allergy Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)
Flexitarian Diet Weight Watchers (WW) Diet
MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)
Volumetrics Diet Paleo Diet The Whole30 Diet Atkins Diet Ketogenic Diet
Low Carb, High Fat (LCHF) Diet South Beach Diet Zone Diet Ornish Diet
Nutrisystem Diet TLC Diet (Therapeutic Lifestyle Changes) Nordic Diet
Okinawa Diet Alkaline Diet Macrobiotic Diet Intermittent Fasting 5:2 Diet
16:8 Diet Warrior Diet OMAD (One Meal a Day) Diet Body for Life Diet
Low FODMAP Diet Slow Carb Diet Vegetarian Diet Vegan Diet
Raw Food Diet Pescatarian Diet Ovo-Vegetarian Diet Lacto-Vegetarian Diet
Lacto-Ovo Vegetarian Diet Fruitarian Diet Engine 2 Diet Blood Type Diet
Ayurvedic Diet Traditional Chinese Medicine (TCM) Diet Anti-Inflammatory Diet
The Acid Reflux Diet Gluten-Free Diet Low Glycemic Index Diet
Low Sodium Diet The Fast Metabolism Diet Nutrient Timing Diet
The 80/10/10 Diet The Gerson Therapy The Swiss Secret Diet

The Scarsdale Diet The Cabbage Soup Diet The Hallelujah Diet
The Mayo Clinic Diet The Beverly Hills Diet The Hollywood Diet
The Lemonade Diet The Grapefruit Diet The Rice Diet
The Sleeping Beauty Diet The Baby Food Diet The 3-Hour Diet
The French Women Don't Get Fat Diet The Cookie Diet The F-Plan Diet
The Israeli Army Diet The Air Diet The Breatharian Diet The Werewolf Diet
The Five-Bite Diet The Negative Calorie Diet The Ice Cream Diet
The Master Cleanse Diet The Subway Diet The SlimFast Diet
The Cambridge Diet The Shangri-La Diet The Best Life Diet The 3-Day Diet
The CICO (Calories In, Calories Out) Diet The Eat-Clean Diet
The Peanut Butter Diet The Bulletproof Diet The Carnivore Diet
The Dukan Diet The HCG Diet The Optavia Diet The Pritikin Diet
The Starch Solution Diet The Vertical Diet The GOLO Diet

The Gut and Psychology Syndrome (GAPS) Diet
The Specific Carbohydrate Diet (SCD) The Anti-Candida Diet The Dr. Sebi Diet
The Crohn's Disease Diet The Ulcerative Colitis Diet The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)
The GERD Diet (Gastroesophageal Reflux Disease)
The PCOS (Polycystic Ovary Syndrome) Diet
The SIBO (Small Intestinal Bacterial Overgrowth) Diet
The Histamine Intolerance Diet The IBS (Irritable Bowel Syndrome) Diet
The Salicylate Sensitivity Diet The Low Oxalate Diet The Diabetes Diet
The Hypothyroidism Diet The Hyperthyroidism Diet
The Epilepsy Diet (Modified Atkins Diet for Seizures) The Parkinson's Disease Diet
The Multiple Sclerosis (MS) Diet The Fibromyalgia Diet
The Chronic Fatigue Syndrome Diet The Arthritis Diet The Osteoporosis Diet
The Heart-Healthy Diet The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet
The Low Purine Diet The High-Fiber Diet The Low-Fat Diet

The High-Protein Diet The Low-Protein Diet The High-Calcium Diet
The High-Potassium Diet The Low-Potassium Diet The High-Iron Diet
The Low-Iron Diet The Low-Phosphorus Diet The High-Vitamin D Diet
The High-Vitamin C Diet The High-Vitamin K Diet The Low-Vitamin K Diet
The Low-Copper Diet The Spring Detox Diet The Summer Weight Loss Diet
The Fall Immunity-Boosting Diet The Winter Warming Diet The Low-Sulfur Diet
The High-Sulfur Diet The Eczema Diet The Psoriasis Diet The Rosacea Diet
The Acne Diet The Migraine Diet The Celiac Disease Diet
The Gallbladder Diet The Kidney Stone Diet The Anti-Anxiety Diet
The Depression Diet The Adrenal Fatigue Diet The Endometriosis Diet
The Hashimoto's Disease Diet The Lyme Disease Diet The Diverticulitis Diet
The Restless Leg Syndrome Diet The Tinnitus Diet The Interstitial Cystitis Diet
The Gastroparesis Diet The Menopause Diet The Post-Pregnancy Diet
The Fertility Diet The Breastfeeding Diet The Low-Nickel Diet
The Chronic Urticaria Diet The Dysphagia Diet
The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet
The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet
The Fructose Malabsorption Diet The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet
The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet
The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet
The Graves' Disease Diet The Addison's Disease Diet
The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet

The Myasthenia Gravis Diet
The POTS (Postural Orthostatic Tachycardia Syndrome) Diet
The Eosinophilic Esophagitis (EoE) Diet
The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet
The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder)

The Autism Diet

The Bipolar Disorder Diet

The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet

Blood Type O Diet

Blood Type A Diet

Blood Type B Diet

Blood Type AB Diet

Cooking Method

Grilling

Frying

Baking

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Curing

Blending

Grinding

Freezing

Canning

Drying

Pickling

Sous Vide

Pasteurizing

Fermenting

Infusing

Pressing

Jellying

Carbonating

Whipping

Stirring

Simmering

Cutting

Cut

Mixing

Resting

Plating

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Sprinkling

Heating

Refrigerating

Preparation

Cooling

Oven

Stove

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

Meal Type

Brunch

Supper

Difficulty Level

Medium

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