



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Kids Milkshake ♦♦

A delicious milkshake recipe that kids will love. It's a classic treat that can be enjoyed for breakfast, as a snack, or even as a dessert. Made with Kids 2% Milk, this milkshake is creamy, nutritious, and perfect for kids of all ages.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** N/A

**Total Time:** 5 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

<b>2 c</b>	kids 2% milk
<b>2 c</b>	Vanilla Ice Cream
<b>4 tbsp</b>	chocolate syrup
<b>1 c</b>	whipped cream
<b>2 pieces</b>	maraschino cherries

# Directions

---

## Step 1

Blending

In a blender, combine Kids 2% Milk, vanilla ice cream, and chocolate syrup.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Step 2

Blending

Blend until smooth and creamy.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 3

Pour the milkshake into glasses.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 4

Top with whipped cream and garnish with maraschino cherries.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Step 5

Serve and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 10 g

**Protein:** 8 g

**Carbohydrates:** 45 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Protein	8 g	47.06%	47.06%
---------	-----	--------	--------

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	1 g	2.63%	4%
Sugars	40 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	10 g	35.71%	40%
Cholesterol	30 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	15 mcg	100%	100%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	120 mg	5.22%	5.22%
Calcium	25 mg	2.5%	2.5%
Iron	4 mg	50%	22.22%
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%
Selenium	6 mcg	10.91%	10.91%

## Recipe Attributes

### Kitchen Tools

Slow Cooker

Blender

### Course

Appetizers

Desserts

Drinks

Breads

Salads

Soups

Snacks

Sauces & Dressings

## Demographics

Kids Friendly

## Diet

The Sleeping Beauty Diet

The F-Plan Diet

The Breatharian Diet

The Irritable Larynx Syndrome (ILS) 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

## Meal Type

Brunch

Lunch

Snack

## Difficulty Level

Medium

Visit our website: [healthdor.com](https://healthdor.com)