

## *ingredients*

- 1 bottle DairyBelle Rainbow Flavoured Milk
- 40 ml DairyBelle Real Cream
- 100 ml DairyBelle Good Morning Milk
- Sweets or cherries for topping



## *method*

1. Pour DairyBelle Rainbow Flavoured Milk and DairyBelle Good Morning Milk into a mixing bowl.
2. Whip the DairyBelle Real Cream in a separate bowl 'til thick and fluffy.
3. Fold the DairyBelle Real Cream into the milk mixture.
4. Freeze overnight.
5. Remove from freezer.
6. Crush with a wooden spoon.
7. Put in glass and decorate.

# *mad* slush puppy



## ingredients

- 150 ml DairyBelle Milk
- 150 ml DairyBelle Plain Yoghurt
- 150 ml fresh or frozen berries
- 25 ml castor sugar
- Extra berries for decoration



## method

1. Place ingredients in a blender and blend for 2 minutes until thick and creamy.
2. Serve in tall glasses, topped with the extra berries.

### Variations:

**Banana & peanut smoothie** — replace berries and castor sugar with 2 small bananas, 25 ml honey, 2 ml vanilla essence and 25 ml peanut butter. Decorate with a sprinkle of chopped unsalted peanuts.

**Mint-peach smoothie** — replace berries with 1 x 410 g can drained peach slices and chopped fresh mint.

**Breakfast smoothie** — replace berries and castor sugar with 150 ml toasted muesli and 25 ml honey.

**Passion fruit smoothie** — replace berries with 1 x 170 ml can passion fruit.

# mad smoothies

