

Malt Smoothies

This easy-to-put-together ice-cream drink tastes just like it came from an old-fashioned malt shop!

- 2 1/4 cups milk
- 3/4 cup chocolate-flavor syrup or strawberry preserves
- 3 tablespoons natural- or chocolate-flavor malted milk powder
- 1 quart vanilla ice cream

- 1.** Place 3/4 cup of the milk, 1/4 cup of the chocolate-flavored syrup and 1 tablespoon malted milk powder in blender. Cover and blend on high speed 2 seconds.
- 2.** Add 3 scoops vanilla ice cream. Cover and blend on low speed about 5 second longer or until smooth. Pour into two glasses.
- 3.** Repeat 2 times with remaining milk, syrup, malted milk powder and ice cream.

Per Serving: Calories 330 (Calories from Fat 110); Total Fat 12 g (Saturated Fat 7 g); Cholesterol 45 mg; Sodium 160 mg; Total Carbohydrate 50 g (Dietary Fiber 1 g); Protein 7 g

% Daily Value: Vitamin A 16 %; Vitamin C 8 %; Calcium 24 %; Iron 6 %

Exchanges: 2 1/2 Fruit; 1 Milk; 2 Fat

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