

The Best Ever Banana Milkshake!

Equipment: blender, knife, teaspoon, ice cream scoop, tall glass, chopping board

Ingredients:

1 banana

1 tall glass of milk (can be coconut, oat, soy or nut milk if you can't have dairy)

2 teaspoons banana flavoured Nesquik powder

2 scoops of plain vanilla ice-cream

Method:

1. Make sure you ask a parent to help you, or for permission to do this on your own.
2. On the chopping board, cut the end of the banana skin with your knife. Peel the banana and cut into slices, keeping the fingers that are holding the banana, away from the knife.
3. Place sliced banana into blender.
4. Pour milk into tall glass, until it is three quarters full. Pour into blender.
5. Add 2 teaspoons of Nesquik powder, remember to level the spoon with your finger to get the exact amount.
6. Add 2 scoops of vanilla ice cream.
7. Put the lid on the blender. Plug it in and turn it on. Blend for 2 minutes, then pour into your tall glass.
8. Enjoy!