

Cookie-N-Cream Milkshakes

Directions:

- In a blender, combine frozen yogurt or ice milk and skim milk.
- Cover and blend until smooth
 - Add cookies
- Cover and blend until cookies are coarsely chopped
- Serve immediately!
Yum!

Ingredients:

- **1 Pint** of Vanilla, Chocolate or Coffee, nonfat or low-fat yogurt or ice milk
- **1/4 Cup** of Skim Milk
- **2** Chocolate Sandwich Cookies

Cookies



Nutrition Facts:

112 Calories
1g of Fat
22g of Carbohydrates
5g of Protein