Cookie-N-Cream Milkshakes

Directions:
1. 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

Nutrition Facts:
- 112 Calories
- 1g of Fat
- 22g of Carbohydrates
- 5g of Protein