QUEEN
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PREP: 5mins
COOK:
SERVES: 1

Healthy Milkshakes

These healthy milkshakes blend wholesome ingredients and our Sugar Free Toppings into a delicious treat without compromising on flavour. Perfect for a quick breakfast, post-workout, or guilt-free indulgence, they're an easy way to enjoy something sweet without added sugar!

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Ingredients

Espresso Coffee Milkshake

250ml Milk of choice

1/2 cup Greek Yoghurt

1 serve Vanilla Protein Powder (see pack for serving size)

2 cup Frozen Banana Chunks

3 tbsp Queen Sugar Free Espresso Coffee Topping

Tropical Mango Milkshake

250ml Milk of choice

1/2 cup Greek Yoghurt

1 serve Vanilla Protein Powder (see pack for serving size)

1 cup Frozen Banana Chunks

1 cup Frozen Mango Pieces

3 tbsp Queen Sugar Free Tropical Mango Topping

Strawberry Sundae Milkshake

250ml Milk of choice

1/2 cup Greek Yoghurt

1 serve Vanilla Protein Powder (see pack for serving size)

1 cup Frozen Banana Chunks

1 cup Frozen Strawberries

3 tbsp Queen Sugar Free Strawberry Sundae Topping

Method

STEP 1

Add all ingredients to a blender, and blend on high speed until all ingredients are combined. Adjust frozen fruit and milk ratio according to your preference (add more milk if too icy and more frozen fruit if too watery)

STEP 2

In a glass cup, pour the Sugar Free Topping around the inside of the cup

STEP 3

Pour milkshake into the cup, and top with whipped cream (optional) and additional decorations to serve

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