

Magic Milk Shakes

1-1/2 to 2 cups ice water

1-1/2 cups nonfat dry milk powder

2/3 cup sugar

1/4 cup unsweetened cocoa

1 teaspoon vanilla

1 to 1-1/2 trays of ice cubes, as much as you can spare

2 tablespoons corn oil plus a 5-second squirt of non-stick spray for emulsification purposes

Place all of the ingredients into the blender, including the oil and the on-stick spray. Use less water for thicker milk shakes and more water for shakes that are easy on your blender motor. The blender should be about 3/4's full. Place the lid on. Process for a full 2 minutes. Pour into cups and serve. Makes 4 - 12oz servings. For preparation tips please see below.

I love this recipe because it makes very rich milk shakes without any ice cream. I don't always have ice cream in the house because the kids eat it so fast. With this recipe we can have delicious frosty milk shakes for a fraction of the cost of those using ice cream. And all the ingredients are on the pantry shelf.

Variations:

Add 1 tablespoon of instant coffee for a mocha shake

Add 1 very ripe banana for a chocolate banana shake