**Strawberry Milkshake**

**Ingredients**

* 250 grams fresh or frozen strawberries, hulled
* 150 millilitres whole milk, cold
* 3 large scoops (approximately 150 grams) vanilla ice cream
* 15 grams (1 tablespoon) caster sugar or to taste (optional)
* 1 teaspoon vanilla extract (optional)

**Preparation time**

* Active time: 5 minutes
* Inactive time: 0 minutes

**Utensils needed**

* Blender
* Serving glasses

**Preparation instructions**

1. Place the strawberries, cold milk, vanilla ice cream, and optional sugar and vanilla extract into the blender jug.
2. Secure the lid on the blender.
3. Blend on a high speed for 30-60 seconds, or until the mixture is smooth and creamy.
4. If the milkshake is too thick, add a small splash of extra milk and blend again briefly until it reaches your desired consistency.
5. Pour the milkshake into serving glasses immediately.

**Number of servings**

* 2 servings

**Nutritional information (per serving)**

* Calories: Approximately 280-320 kcal
* Fat: 12g
* Carbohydrates: 35g
* Protein: 7g
* Sugar: 33g

*(Note: Nutritional information is an estimate and can vary based on the specific ice cream and amount of sugar used.)*

**Allergen information**

* Contains: **Milk**.
* Some ice cream products may contain **eggs** or have warnings for potential cross-contamination with **nuts**, **soya**, or **gluten**. Always check the ice cream label.