

Classic Chocolate Malted Milkshake

Classic summertime indulgence!



INGREDIENTS

(Serves 2)

U.S. Premium Vanilla Ice Cream	500g
U.S. Milk, whole	240ml
Chocolate Syrup	80ml
Malt Powder	40g
U.S. Whipped Cream	120ml
Malted Milk Balls, halved	4 to 6 pieces
Chocolate Sprinkles	For garnish

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving

Calories 220 Calories from Fat 110

% Daily Value*

Total Fat 13g 20%

Saturated Fat 8g 40%

Trans Fat 0g

Cholesterol 70mg 23%

Sodium 75mg 3%

Total Carbohydrate 22g 7%

Dietary Fiber 0g 0%

Sugars 19g

Protein 4g

Vitamin A 10% • Vitamin C 0%

Calcium 10% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Per 100g

Calories 221kcal

Total Fat 13g

Saturated Fat 8g

Trans Fat 0g

Cholesterol 71mg

Total Carbohydrates 22g

Dietary Fiber 0g

Sugars 19g

Protein 4g

Calcium 122mg

Magnesium 14mg

Phosphorus 55mg

Potassium 95mg

Sodium 75mg

Iron 0mg

Vitamin A 512IU

Vitamin C 0mg

PREPARATION

1. Combine the ice cream and whole milk with 70ml of chocolate syrup and the malt powder in a blender.
2. Mix on high until well combined, but do not over blend or it will get too thin.
3. Fill glasses until 2cm from top.
4. Add whipped cream and malted milk ball halves.

5. Drizzle last of the chocolate syrup over all.
6. Chocolate sprinkles finish off the top.

Note: Use the highest quality Premium U.S. Ice Cream you can find, it will be denser (heavier) and have less air whipped in. To reduce melting during processing, thoroughly chill the blender carafe before starting.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.