



Our ASDA shopper Milkshake Recipes

Creamy Fruit Froth

One pint of ASDA organic milk
10 medium sized strawberries
One fresh banana
One pot of toffee yogurt.

...to make it nice and creamy!

Zippy-Zappy Zestshake!

Take one pint of ASDA milk
Three scoops of vanilla ice cream
One teaspoon of ginger juice
One teaspoon of honey
Lemon juice
250mls of peach juice
Blend and pour
Add some lemon zest
Finish off with sprig of mint.

...you'll feel revitalised and zippy-zappy!