

# Pick your Poison: Lucky Charm Milkshake Cocktail

Something for the weekend maybe?

I am in my thirties and until this week, I had never eaten Lucky Charms. Boxes of this beloved American cereal cost a lot over here in the U.K (often £6/£7 per box!) so when I saw they were on offer whilst out and about last week, I thought I would treat the kids (ok, and myself) to some. I know they're full of sugar, and lord knows what else, but as a treat? Why not I say. It's not like they're going to be eating them every morning.

A little of what you fancy does you good, right?!

Anyhow, after tasting them and seeing them floating about in my milk, I thought, wouldn't they make a lovely addition to the top of a milkshake! So I got creative. Here is the result.

You can make it alcoholic by adding in 50ml of Vanilla vodka or make it kid/pregnancy/breastfeeding friendly by leaving that out and adding in a dash of vanilla essence instead.

A complete treat, and not something to have too often unless you want type 2 diabetes, but absolutely worth a taste!

(My kids shared a non-alcoholic one between the 3 of them – just throw 3 straws in the jar and let them at it – just as a guide).

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# LIFE IS KNUTTS

## PICK YOUR POISON

### LUCKY CHARM MILKSHAKE COCKTAIL

#### SERVES:

MAKES 1 JAM JAR FULL

#### TOTAL TIME:

3 MINUTES

#### INGREDIENTS:

3 SCOOPS VANILLA ICE CREAM

1.5 TABLESPOONS OF CONDENSED MILK

200ML ICE COLD MILK

1/2 TSP VANILLA ESSENCE (DO NOT ADD THIS IN IF MAKING THE ALCOHOLIC VERSION)

1 HANDFUL OF MINI MARSHMALLOWS

A SMALL HANDFUL OF LUCKY CHARMS & SPRINKLES TO DECORATE

SOME SQUIRTY CREAM TO DECORATE

50ML VANILLA VODKA (OPTIONAL)

#### DIRECTIONS:

\* Place the ice cream, milk, condensed milk and vanilla essence/vanilla vodka (depending on if you're making the alcoholic version or not) into a blender. Whizz for 2 minutes until thick and frothy.

\* Place a little condensed milk on your finger and run it around the rim of your jam jar glass.

\* Dip the rim of the glass in your sprinkles to coat it.

\* Pour the milkshake into your glass, stopping about 2cm below the start of the rim.

\* Fill to the start of the rim with mini marshmallows.

\* Top with squirty cream and decorate with Lucky Charms and any leftover sprinkles.



*Lucky Charm Milkshake  
Cocktail*

