

# Pick your Poison: Cadbury's Crunchie Spread Milkshake

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If you hadn't noticed by now, I am a bit of a fan of milkshakes. I have always enjoyed a glass of ice cold milk and my wonderful Nan used to make me Strawberry Crusha milkshakes as a treat once or twice a week when I was little. It's the stuff of my childhood memories.

Now I am master of my own destiny (or should that be demise, if I keep eating and drinking all these concoctions I've been creating?!) I chuck whatever I fancy in a milkshake and see what it comes out like. This milkshake is the result of one of those 'experiments', but luckily for me, it turned out to be delicious.

Nestle and Cadbury's seem to be jumping on the 'let's turn a chocolate bar into a spread' bandwagon at the moment and I have to say, I'm loving it! I am a huge fan of chocolate spread anyway so when you add a twist to it like this, I'm all over it like the cast of 'The only way is Essex' is to a spray tan booth.

Hurrah!

So, without further ado, here is a simple recipe for Cadbury's Crunchie Spread Milkshake...



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## Ingredients

(makes 4 small tumblers of milkshake or 2 large glasses)

3 Heaped Tablespoons of Cadburys' Crunchie Spread

350ml Milk

4 large scoops of Vanilla or Chocolate Ice cream (Use whichever you prefer but I used Vanilla)

\*To make this alcoholic, 50ml Vanilla Vodka\*

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## Method

- 1 – Place the Cadbury's Crunchie Spread, Milk and Ice Cream in a blender (also add the vodka now if you are making the alcoholic version)
- 2 – Blend for 1 minute
- 3 – Place some cubed ice in a glass
- 4 – Pour the milkshake over the ice and serve with a straw!



New

Cadbury

Crunchie  
Spread

with  
Crunchie  
Bits



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If you have a go at this recipe, do share your photos with me over on my [Facebook page](#) or on [Instagram by tagging me, @lifeisknutts](#)

Happy slurping!

x

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**[Pick your Poison: Alcoholic Iced Caramel Latte](#)**

**Pick your Poison: Alcoholic Iced Caramel Latte**



**“Today, I will nail this parenting  
malarkey and be the best Mum  
ever...but first, I need Coffee. And  
Alcohol”**

This iced coffee is probably my favourite tippie at the moment. Probably.

It's just as good minus the alcohol so if you fancy an iced caramel coffee, once the Great British Summer decides to arrive, this would be a fab recipe to use.

Your caffeine and alcohol fix in one shebang, think espresso martini, but not quite as potent.

The energy and staying power of a toddler will have nothing on you once you've had one of these bad boys!

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## Ingredients

1 shot of strong espresso coffee (left to cool for 20 minutes)

25ml Kahlua

25ml Baileys (or Triibe Liquer)

150ml Cold Milk

15ml Caramel Coffee Syrup (I used Tate and Lyle)

Squirty cream (for decoration)

Caramel Sauce (for decoration)

Crushed Ice (preferable, but not essential – cubes will also do)

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## Method

1. In a cocktail shaker, place the cooled coffee, Kahlua, Baileys, caramel syrup and crushed ice.
2. Place the lid on the shaker and shake well.
3. Remove the lid from the shaker and add the milk.

4. This time, stir the ingredients together with a long spoon/muddler.
5. Pour into a tall glass.
6. Top with squirty cream and caramel sauce...and a straw!

Slurp!

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Do share your attempts with me over on my [facebook](#) page and on my [Instagram](#) by tagging me @lifeisknutts

Now get drinking my lovely Knutters! Tally ho!

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## Conversation with a 21 month old...

A sample of a conversation with my 21 month old from yesterday...

Toddler: (HAVING A SCREAMING TANTRUM FOR NO APPARENT REASON WHILST LYING ON THE FLOOR RESULTING IN WHAT LOOKS LIKE A CONTEMPORARY DANCE DISPLAY)

Me: "What's the matter Ben?"

Toddler: "NO!"

Me: "Would you like some juice?"

Toddler: "NO!"

Me: "Would you like some milk?"

Toddler: "NO!"

Me: "Would you like a cuddle?"

Toddler: "NO!"

Me: "Can I pick you up?"

Toddler: "NO!"

Me: (TRIES TO PICK TODDLER UP)

Toddler: (SCREAMS EVEN MORE, SLAPS ME AROUND THE FACE,



WRIGGLES ABOUT LIKE AN ELECTRIC EEL AND SCREAMS "NO!")

Me: "Shall I put you down?"

Toddler: "NO!"

Me: (PICKS HIM BACK UP AND DULY GETS ANOTHER SMACK ON THE CHOPS)

Toddler: "NO!"

Me: "I'll just leave you here then Ben"

(PUTS HIM ON SOFA AND WALKS OFF)

Toddler: (COMES CHASING AFTER ME AT THE SPEED OF LIGHT WHILST SHOUTING "NO!")

Me: (POURS SOME MILK INTO A CUP AND HANDS IT TO TODDLER) "Here you go"

Toddler: (LAUGHS AND GIGGLES HYSTERICALLY, KISSES HIS CUP OF MILK AND RUNS OFF TO DRINK IT).

Me: (POURS WINE, LAUGHS HYSTERICALLY AND RUNS OFF TO ROCK QUIETLY IN THE CORNER OF THE ROOM).

The end.



