

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).

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*



[Pick your Poison: Cadbury's Crunchie Spread Milkshake](#)

Pick your Poison: Cadbury's Crunchie Spread Milkshake

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...



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

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



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