



## **Shamrock Senior Shake**

Often times, Roosevelt's recreation and dietary staff will pair up to create a senior-friendly version of a classic or traditional meal or drink. One such example of this partnership is the customary sugar-free cake that's served during monthly birthday parties. In honor of St. Patrick's Day, March 17, Roosevelt's staff has concocted their own healthier spin on McDonald's Shamrock Shake, which contains significantly less sugar and calories.

**Prep Time:** 5 minutes

### **Ingredients:**

¾ Cup of Sugar-Free Vanilla Ice Cream

½ Cup Fat-Free Milk

⅛ Teaspoon Peppermint Extract or Mint Extract

4 Drops Green Food Coloring

1 ½ Tablespoons of Sugar Substitute

3-4 Ice Cubes

Sugar free whipped cream (optional toppings)

### **Instructions:**

1. Combine all ingredients (with the exception of the topping) in a blender.
2. Blend on high speed until mixture appears smooth.
3. Pour into a glass and top with a sugar free whipped cream, if desired.

Makes About 1 ½ Cups