

# Sugar-Free Vanilla Milkshake

Makes 16 servings

## Ingredients:

- 2 cups unsweetened almond milk (or milk of choice)
- 2 cups ice cubes
- 2 teaspoons vanilla extract
- 2–3 tablespoons sugar-free sweetener (like stevia or monk fruit)



## Directions

1. Place milk, ice, vanilla, and sweetener in a blender.
2. Blend on high speed until smooth and frothy.
3. Taste and adjust sweetness if needed.
4. Pour into two glasses and serve immediately.

## Fun Food Fact

Vanilla comes from the seed pods of orchids. Each pod must be hand-pollinated and cured for months, making vanilla one of the most labor-intensive and valuable spices in the world.