

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.