

# Recipes

## EquaCare Jr. Oreo Milkshake



PREP TIME: 5 MIN  
YIELDS: 2 SERVINGS

### ESTIMATED NUTRITION\*

SERVING SIZE: 1 SERVING  
SERVINGS PER RECIPE: 2  
CALORIES: 447  
FAT: 21.6 G  
SODIUM: 277 MG  
CARBS: 57.4 G  
PROTEIN: 6 G

### INGREDIENTS

4 level and unpacked scoops of **EquaCare Jr. Vanilla Hypoallergenic Formula**

1 cup dairy free chocolate ice cream\*

1 cup (240 mL) dairy free milk\*

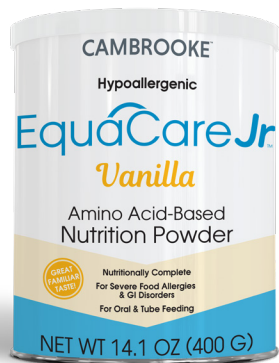
6 crushed gluten and dairy free oreo cookies\*

OPTIONAL: Top with dairy free chocolate syrup, dairy free whipped topping, or dairy free mini chocolate chips\*

### INSTRUCTIONS

1. Place milk and ice cream in milkshake canister or blender.
2. Add in crushed oreo cookies and scoops of **EquaCare Jr.** powder.
3. Blend until you reach preferred thickness.
4. Pour into 2 glasses or cups and top with whipped topping, chocolate syrup, and mini chocolate chips.

ENJOY!



\* Recipe ingredients and estimated nutrition based on experimental recipe using OATLY! Chocolate Ice Cream, Good & Gather Vanilla Oat Milk, Nabisco Gluten Free Oreo, and Enjoy Life Mini Chocolate Chips

Eat Well, Live Well.



# CAMBROOKE™

833 377 2773 EquaCareJr.com support@cambrooke.com  
© Ajinomoto Cambrooke, Inc. All Rights Reserved. R042921

