

Dessert | Snack

Chocolate Peppermint Milkshake

Side Effect: Weight Loss/Low Appetite

10 Mins
Prep Time

0 Mins
Cook Time

2
Servings

858 Calories **56g Fat** **83g Carbs** **12g Protein**



Ingredients

2 Servings **10 Mins Total Time** **Allergens: Dairy, Gluten**

3 Heaping Scoops Chocolate Ice Cream

3 Heaping Scoops Vanilla Ice Cream

½ Cup **Pasteurized** Heavy Cream

½ Cup **Pasteurized** Whole Milk

¼ Cup Chocolate Mint Cookies, crushed (plus more for topping)

1 Tsp Peppermint Extract

Whipped Topping, optional

Allergen Swap

Dairy Replace ice cream and whole milk with dairy-free versions and replace cream with full-fat coconut milk.

Gluten Replace cookies with a gluten-free version or omit.

Nourishment Note



Peppermint

Peppermint may help ease nausea, a common side effect from cancer medications.



Full-Fat Dairy

Full-fat dairy products, such as cheese, cream, and whole milk, are high in calories. A high-calorie diet may be necessary if unwanted weight-loss is occurring. Dairy also provides important nutrients such as calcium, potassium, and vitamin D.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Blend Ingredients

To a blender, combine ice cream, heavy cream, milk, cookies, and peppermint extract. Blend on high until thick and creamy.

3. Add Toppings & Serve

Pour into a tall glass and top with whipped topping and additional cookie pieces.

4. Enjoy

Enjoy milkshake immediately and discard any leftovers.

5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: [foodnetwork.com](https://www.foodnetwork.com)

What You'll Need



Ice Cream Scoop



Measuring Cups



Measuring Spoon



Blender

Fatigue Buster

- Ask a friend or family member to help prepare this milkshake.