

Zucchini Bread Recipes

Oreo Milkshake – Easy 3-Ingredient Recipe

5 min Prep time	**5 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Beverage** Course

Ingredients

Main Ingredients

- [ ] 8 Oreo cookies, crushed
- [ ] 1 ½ cups cold whole milk
- [ ] 1 cup ice cubes

Optional Toppings

- [ ] Whipped cream
- [ ] Extra crushed Oreos

Instructions

1. Place the crushed Oreos into the blender; let them sit for a minute so the milk can soften them.



2. Add the cold milk and blend on low for 10 seconds, then increase to high for 20-30 seconds until smooth.



3. Drop in the ice cubes and pulse until the shake is thick and frosty, but still pourable.



4. Taste; if you'd like a hint of extra sweetness, add a splash of vanilla or a pinch of sugar, then give it a quick whirl.



5 Pour into chilled glasses, top with whipped cream, and sprinkle extra Oreo crumbs for texture.



Nutrition per serving

290 kcal	7 g	44 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Use the coldest milk possible for a richer chill.
- If the shake is too thick, add a splash more milk.
- For a extra-frosty version, freeze the milk ahead of time.