

Vanilla peach shake

Drink

level 

 2

 3 min



Ingredients

1 sachet Calshake Vanilla
240 ml full-fat milk (3.5 % fat)
4 tinned peach halves
(120 g)

Nutritional information per serving:

Energy 334 kcal
Protein 6.1 g
Fat 15.0 g
Carbohydrate 43.0 g
Fibre 0.7 g



Preparation

Put the peaches and the milk into a jug and purée. Then pour the ingredients into a shaker, add the Calshake Vanilla powder and shake well.

TIP:

For a more fruity taste and thicker consistency try substituting 240 ml milk with 1 EasyBottle Fresubin Original DRINK Peach and 40 ml of milk.