



[World's Healthiest Vanilla Milkshake](#) posted by Kelly M. at Foodiefiasco.com

Serving size: 24 fl oz (1 recipe)

Calories: 120

Fat: 10.5 grams (healthy almond fats!)

### **Ingredients**

3 cups of unsweetened almond milk, divided

1 1/2 teaspoons vanilla extract

Stevia or other sweetener, to taste (I use 1-2 packets of Stevia)

### **Directions**

Combine 1.5 cups of almond, vanilla extract, and sweetener (I use a glass measuring cup for this). Pour into an ice cube tray (or other plastic container) and stick it in the freezer until it is completely firmed up and frozen. Once the almond milk mixture is frozen, blend in a blender (go Vita!) along with the remaining 1.5 cups of almond milk until evenly blended and creamy. You can add more or less almond milk depending on how thick you like your shake. You can also add more sweetener at this point if you are so inclined.

*Featured here is a recipe for the World's Healthiest Vanilla Milkshake by Kelly M. at Foodiefiasco.com*

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