For 1 person you will need:

**Ingredients**

- 75g peeled banana
- 220ml milk
- 100g vanilla ice-cream
- 1 teaspoon sugar or honey

1. Decide how many people you are going to make milkshake for. Multiply the quantity for each ingredient by the number of people.

2. Measure out each ingredient.

3. With an adult’s help, slice the banana.

4. With an adult’s help, mix all the ingredients together with an electric blender.

5. Pour into glasses and enjoy!