

# Brown Bag Demonstrations

## Chocolate Peppermint Milk Shake

Kim Mehl-Hall, 4-H Youth Specialist

### Supplies Needed:

- Blender
- Rubber spatula
- Clear drinking glass
- Ice cream scoop
- Spoon
- 2 table clothes
- Extension cord
- Vanilla ice cream
- 2 cups milk
- 1 pint vanilla ice cream
- 1/3 cup chocolate milk mix
- Dash of peppermint extract
- Crushed peppermint stick candy

What to Do	What to Say
Put all ingredients and equipment on a tray. Set on table behind you. Cover tray with one table cloth. Put other cloth on demonstration table. Hook up blender to electricity. Set up posters, title page in front.	
<b>Chart #1</b>	Do you end up snacking on cookies, cakes and potato chips? Snacks full of sugar, fat and not much nutrition? Here is a snack that is refreshing, easy to make and full of bone building calcium, Vitamin A and Vitamin D.
<b>Chart #2</b>	For Chocolate Peppermint Milk Shake, we will need: <ul style="list-style-type: none"> <li>• 1 pint Vanilla Ice Cream</li> <li>• 1/3 cup chocolate milk mix</li> <li>• 2 cups cold milk</li> <li>• Dash of peppermint extract</li> <li>• Vanilla Ice Cream</li> <li>• Crushed peppermint stick candy</li> </ul>
<b>Set tray with equipment and ingredients on demonstration table.</b>	I have pre-measured all my ingredients to save time. Blend ice cream, milk mix and milk in blender until smooth.
<b>Put pint of ice cream, milk mix, and milk in blender. Blend until smooth.</b>	Ice Cream and Milk will provide <b>Calcium</b> , for strong teeth and bones, muscle contractions and blood clotting. <b>Phosphorous</b> for healthy teeth, bones and tissue. <b>Magnesium</b> – aids in bone building and transmitting nerve impulses. <b>Vitamin A</b> – is needed for healthy skin and good vision. <b>Vitamin D</b> – helps absorb calcium and phosphorous. <b>Vitamin K</b> aids in blood clotting.
<b>Add extract, beat in blender.</b>	Add extract, beat until foamy.
<b>Pour in glass. Add scoop of ice cream &amp; sprinkle with candy.</b>	The milk mix, extract and candy are added for flavor and color. This recipe makes 4 (10 oz.) servings and costs 35¢ per serving. Chocolate Peppermint Milk Shake will provide 270 mg. of calcium and 180 calories per serving.
<b>Chart #3</b>	Chocolate Peppermint Milk Shake is: <ul style="list-style-type: none"> <li>• Refreshing</li> <li>• Easy</li> <li>• Fun to make</li> <li>• Nutritious</li> </ul> <p>So don't fill up on sugar and fat. Spice up your life with a Dairy Delight.</p> <p>Are there any questions?</p>
<b>Conclusion</b>	Be sure to make a smart snack choice with a Chocolate Peppermint Milk Shake.

**Chocolate**



**Peppermint**

**Milk Shake**





# Chocolate Peppermint Milk Shake

- 1 pint Vanilla Ice Cream
- 1/3 cup chocolate milk mix
- 2 cups cold milk
- Dash peppermint extract
- Vanilla ice cream
- Crushed peppermint stick candy

# Summary

- Refreshing
- Easy
- Fun to make

