Brown Bag Demonstrations
Chocolate Peppermint Milk Shake
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**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

<table>
<thead>
<tr>
<th>What to Do</th>
<th>What to Say</th>
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<tbody>
<tr>
<td>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.</td>
<td>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.</td>
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**Chart #1**

**Chart #2**

For Chocolate Peppermint Milk Shake, we will need:
- 1 pint Vanilla Ice Cream
- 1/3 cup chocolate milk mix
- 2 cups cold milk
- Dash of peppermint extract
- Vanilla Ice Cream
- Crushed peppermint stick candy

Set tray with equipment and ingredients on demonstration table. I have pre-measured all my ingredients to save time. Blend ice cream, milk mix and milk in blender until smooth.

Put pint of ice cream, milk mix, and milk in blender. Blend until smooth. Ice Cream and Milk will provide Calcium, for strong teeth and bones, muscle contractions and blood clotting. Phosphorous for healthy teeth, bones and tissue. Magnesium – aids in bone building and transmitting nerve impulses. Vitamin A – is needed for healthy skin and good vision. Vitamin D – helps absorb calcium and phosphorous. Vitamin K aids in blood clotting.

Add extract, beat in blender. Add extract, beat until foamy.

Pour in glass. Add scoop of ice cream & sprinkle with candy. 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.

**Chart #3**

Chocolate Peppermint Milk Shake is:
- Refreshing
- Easy
- Fun to make
- Nutritious

So don’t fill up on sugar and fat. Spice up your life with a Dairy Delight. Are there any questions?

**Conclusion**

Be sure to make a smart snack choice with a Chocolate Peppermint Milk Shake.
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- 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