

**Hormel**  
**THICK  
& EASY**

## Pureed Luck of the Irish Milkshake





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⌚ 5 MINS

IDDSI LEVELS



## NUTRITION\*\*

**Serving Size:**

12 fl oz. shake

**Calories:** 470

**Total Fat:** 16g

**Saturated Fat:** 10g

**Trans Fat:** 0g

**Cholesterol:** 25mg

**Sodium:** 350mg

**Total Carbs:** 64g

**Dietary Fiber:** 0g

**Total Sugars:** 46g

**Added Sugars:** 0g

**Protein:** 17g

**Calcium:** 30% DV

**Iron:** 15% DV

**Potassium:** 15% DV

**Vitamin A:** 25% DV

**Vitamin C:** 10% DV

## INGREDIENTS

	1 Serving	6 Servings	12 Servings
<b>THICK &amp; EASY® Thickened Dairy Drink - Honey - IDDSI Level 3, Vanilla</b> Item: 41805	1 cup (8 fl. oz)	6 cups (6 – 8 fl. oz)	12 cups (12 – 8 fl. oz)
<b>Magic Cup® Frozen Dessert - Vanilla - IDDSI Level 4 (slightly softened)</b> Item: 19850	1 – 4 oz container	6 – 4 oz containers	12 – 4 oz containers
Mint extract	1/4 tsp	1 1/2 tsp	1 Tbsp
Green food coloring	4-5 drops*	About 1/4 tsp*	About 1/2 tsp*
Whipped cream topping (optional)	As desired for garnish	As desired for garnish	As desired for garnish

\*Note: Food coloring may be adjusted to achieve desired color.

## DIRECTIONS

1. Combine all ingredients in a blender and process until smooth.
2. Pour into glass and top with whipped topping and green decorator sugar, if desired.

\*\*Nutrition calculated without whipped cream garnish. The addition of 2 tablespoons of whipped cream topping would add 10 calories, 1 g fat, 5 mg cholesterol, and 1 g carbohydrate per serving.