

**Orange Sherbet Shake**

3/4 cup orange sherbet

2 tablespoons corn syrup

1/2 cup 7-Up

2 tablespoons corn oil

Blend in blender. Calories per serving: 480

**Old-fashioned Milkshake**

1 cup whole milk

1 cup ice cream

Blend in blender. Calories per serving: 420

**Hot Chocolate**

3 oz. milk chocolate

1/4 teaspoon vanilla

1 teaspoon butter

1 cup Half and Half

Melt chocolate and butter.

Add vanilla and slowly stir in Half and Half, small amounts at a time.

Reheat to desired temperature. Calories per serving: 416

**Fruit Smoothie**

1 cup high fat milk

1 cup full fat fruit yogurt

1 cup full fat cottage cheese

1/2 fruit

Blend in blender till smooth

**Milk Shake**

1 cup high fat milk

1 scoop ice cream

2 TBSP of chocolate syrup

Blend in Blender until smooth

## Recipes for High Calorie Drinks and Shakes

### Chocolate-Peanut Butter Shake

1/2 cup heavy whipping cream  
3 tablespoons creamy peanut butter  
3 tablespoons chocolate syrup  
1-1/2 cup chocolate ice cream  
Blend in blender. Calories per serving: 1070

### Strawberry Crush

2 cup frozen strawberries  
1/2 cup crushed pineapple  
1/2 cup water  
1/2 medium banana  
6 tablespoons sugar  
1/4 cup lemon juice  
2 tablespoons honey  
Blend in blender. Calories per serving: 640

### Peaches and Cream

1 cup milk  
1 cup canned peaches  
1 cup vanilla ice cream  
1/4 teaspoon salt  
1/4 teaspoon vanilla  
Blend in blender. Calories per serving: 630

### Apple Pie a la Mode

1 cup apple pie filling  
1/2 cup milk  
1 cup vanilla ice cream  
Dash of cinnamon  
Blend in blender. Calories per serving: 525

### High-Calorie Breakfast Shake

1 cup Half and Half  
1 packet Carnation Instant Breakfast  
3/4 cup ice cream  
Blend in blender. Calories per serving: 505

### Grape Slush

2 grape juice bars  
2 tablespoons corn syrup  
1/2 cup grape juice or 7-Up  
1 tablespoon corn oil  
Blend in blender. Calories per serving: 493