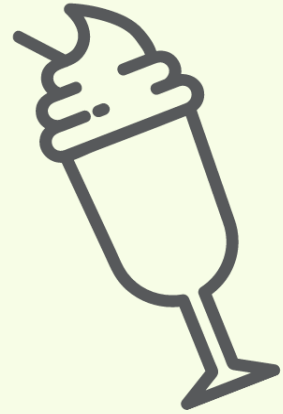




CENTRE FOR AUTISM  
MIDDLETOWN



# MAKE YOUR OWN MILKSHAKE



A STEP BY STEP GUIDE



# MILKSHAKE

## Ingredients you will need:



vanilla ice cream



3 strawberries



milk

## Equipment you will need:



scoop



measuring jug



blender



glass



straw

Steps:

# MILKSHAKE

1



put 2 scoops



of vanilla ice  
cream



into the blender

2



add 1/2 cup of milk



and 3 strawberries



to the blender

3



blend until  
smooth



pour into the  
glass

*Enjoy!*