

EASY DRINKS &
BLENDED SHAKES



Hot Scandi Cocoa and Old-Fashioned Banana Smoothie (page 3);
Sweet Strawberry Blush (page 5).

Simply Scandi

3/4 cup SCANDISHAKE®
(any flavor)
8 ounces whole milk

Shake or blend all ingredients.
Yield: one serving.

PER SERVING: CALORIES 600
PROTEIN 12G

Simply Orange Scandi

3/4 cup vanilla SCANDISHAKE®
8 ounces orange juice

Shake or blend all ingredients.
Yield: one serving.

PER SERVING: CALORIES 560
PROTEIN 5.74G

Old-Fashioned Banana Smoothie

1/2 cup whole milk
1 small ripe banana
1/4 cup vanilla SCANDISHAKE®
1 cup high-fat vanilla ice cream
1/8 cup egg substitute
1/2 teaspoon vanilla extract

Mix all ingredients in blender.
Yield: one serving.

PER SERVING: CALORIES 922
PROTEIN 20.50G

Hot Scandi Cocoa

1/8 cup vanilla SCANDISHAKE®
1 packet instant hot cocoa
6 ounces hot whole milk

Mix all ingredients. Yield: one
serving.

PER SERVING: CALORIES 280
PROTEIN 9.34G

Hot Scandi Coffee

1/4 cup vanilla SCANDISHAKE®
1/6 cup instant hot coffee powder
8 ounces boiling water

Mix all ingredients. Yield: one
serving.

PER SERVING: CALORIES 170
PROTEIN 2.51G

Eggnog Scandi

1/8 cup vanilla SCANDISHAKE®
1 cup commercially prepared
eggnog
cinnamon and nutmeg for
garnish

Mix or blend all ingredients.
Sprinkle lightly with cinnamon and
nutmeg. Yield: one serving.

PER SERVING: CALORIES 421
PROTEIN 10.40G



Scandi Lemon Cream

- 1/4 cup buttermilk
- 1/4 cup vanilla SCANDISHAKE®
- 1 cup high-fat vanilla ice cream
- 1/2 cup lemonade

Mix all ingredients in blender. Can be frozen. Yield: one serving.

PER SERVING: CALORIES 787
PROTEIN 14G

Scandi Raspberry Delight (tangy and tart)

- 8 ounces raspberry yogurt
- 1/4 cup vanilla SCANDISHAKE®
- 1/2 cup half and half cream
- 1/4 cup cranberry juice

Mix all ingredients in blender. Can be frozen. Yield: one serving.

PER SERVING: CALORIES 572
PROTEIN 14.80G

Scandi Orange Smoothie (tangy and tart)

- 1/4 cup lemonade
- 1/2 cup half and half cream
- 1/4 cup vanilla SCANDISHAKE®
- 1/4 cup orange juice
- 1/2 cup orange sherbet

Mix ingredients in blender. Can be

frozen. Yield: one serving.

PER SERVING: CALORIES 490
PROTEIN 6.42G

NOTE: For more orange taste, add 2 tablespoons Tang™.

Gourmet Scandi Ice Cream Shake

- 1 cup high-fat ice cream (any flavor)
- 1/4 cup vanilla SCANDISHAKE®
- 1/2 cup whole milk
- 1/8 cup egg substitute

Mix ingredients in blender. Yield: one serving.

PER SERVING: CALORIES 812
PROTEIN 19.30G

Adding ice cream, sherbet, sorbet, frozen yogurt, heavy whipping cream, half and half cream, buttermilk, prepared yogurt to a blended SCANDISHAKE® is a delicious and easy way to boost the calories and protein content of the recipe. Don't stop at vanilla, chocolate or strawberry. Anything goes...depending on the choice of flavored ice cream selected. Choose the higher-fat ice creams such as Häagen Daz®, Ben and Jerry's®, or other gourmet ice creams.

Raspberry Gelatin Supreme

- 1 3-ounce packet raspberry gelatin dessert
- 1 cup boiling water
- 1/4 cup vanilla SCANDISHAKE®
- 8 ounces raspberry yogurt
- 1 cup frozen raspberries

Dissolve gelatin dessert in boiling water. Add SCANDISHAKE® and yogurt to gelatin. Mix well. Add raspberries. Chill. Yield: two servings.

PER SERVING: CALORIES 228
PROTEIN 6.25G

Try a variety of fruit juices, fruits, spices, or syrups to change the taste of the blended shakes. Some favorite suggestions are:

Fruit Juices: apple, cranberry, fruit punch, grape, lemonade, orange, or pineapple
Fruits: (canned or fresh) banana, blackberry, blueberry, kiwi, peaches, raspberry, or strawberry
Spices: allspice, cinnamon, cloves, ginger, or nutmeg
Syrups: apricot, blueberry, chocolate, coffee, maple, raspberry, or strawberry

Mighty Fruity Smoothie

1/4 cup strawberry or vanilla SCANDISHAKE®
1 cup ginger ale or sparkling soda
1-2 ice cubes
1/2 cup frozen raspberries
1/2 cup frozen strawberries
1 small ripe banana

Mix SCANDISHAKE®, 1/2 cup gingerale and ice cubes in blender. Add fruit into blender. Add remaining ginger ale. Yield: one serving.

PER SERVING: CALORIES 418
PROTEIN 3.24G

NOTE: Use 3/4 cup of mixed frozen fruit in place of raspberries and strawberries.

Sweet Strawberry Blush

1/4 cup strawberry SCANDISHAKE®
1 cup strawberry or vanilla high-fat ice cream
1/2 cup whole milk
1/2 cup fresh or frozen strawberries

Mix all ingredients in blender. Yield: one serving.

PER SERVING: CALORIES 497
PROTEIN 10G

Georgia Peach Dream

1/4 cup vanilla SCANDISHAKE®
1/2 cup frozen or canned peaches
1/2 teaspoon almond extract
1 cup high-fat vanilla ice cream
1/2 cup peach nectar

Mix all ingredients in blender. Yield: one serving.

PER SERVING: CALORIES 808
PROTEIN 12.50G

Scandi Orange Cream Shake

1/2 cup orange juice
1/4 cup vanilla SCANDISHAKE®
1 cup high-fat vanilla ice cream
1/8 cup egg substitute

Mix all ingredients in blender. Yield: one serving.

PER SERVING: CALORIES 793
PROTEIN 16G