

Apple and Banana Milkshake Recipe - Moroccan Apple and Banana Smoothie

Serves 2 to 3.

Total Time: 5 minutes

Ingredients:

- 2 cups (about 1/2 liter) cold milk
- 1 medium apple, peeled, cored and chopped
- 1 medium banana, peeled and broken into several pieces
- 2 tablespoons sugar, or to taste
- handful of ice (optional)

Preparation:

Put the apple, banana and sugar in a blender with about 1/2 cup of milk. Blend until creamy and smooth.

Gradually add the remaining milk and blend just until well mixed and foamy. Add a handful of ice to the blender if you like your shake well-chilled, and blend for another minute to crush the ice.

Pour into glasses and serve.