



Cheesecakey Shakeys

By Erin Fletter

Prep Time 5 / Cook Time / Serves 4 - 6

Equipment

- Blender (or pitcher + immersion blender)
- Liquid measuring cup
- Measuring spoons

Ingredients

Cheesecakey Shakeys

- 2 oz cream cheese ******(for DAIRY ALLERGY sub 1 frozen banana or dairy-free cream cheese, like Daiya brand)******
- 1 C whole milk ******(for DAIRY ALLERGY sub dairy-free milk)******
- 3/4 C crushed pineapple (if you made Springtime Carrot Cake Doughnut Holes (see recipe) use remaining from 8 oz can)
- 1 T powdered sugar
- 1 C ice

Food Allergen Substitutions

Cheesecakey Shakeys

DAIRY: Substitute 1 frozen banana or dairy-free cream cheese for cream cheese in Shakeys.

Instructions

Cheesecakey Shakeys

measure + add + blend

Measure and add **2 ounces of cream cheese**, **1 cup of whole milk**, the remaining crushed pineapple from your 8-ounce can, **1 tablespoon powdered sugar**, and **1 cup ice** to a blender. Purée until the shakes are thick and smooth, then divide into cups and enjoy!