



Red Velvet Shakes

By Erin Fletter

Prep Time 5 / Cook Time / Serves 4 - 6

Equipment

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

Ingredients

Red Velvet Shakes

- 3 C milk ******(for DAIRY ALLERGY sub dairy-free/nut-free milk)******
- 3 T unsweetened cocoa powder ******(for CHOCOLATE ALLERGY sub carob powder)******
- 5 T sugar/honey/agave
- 1 small cooked or canned beet
- 1 handful of chocolate chips ******(for CHOCOLATE ALLERGY sub carob chips; for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand)******
- 2 C ice

Food Allergen Substitutions

Red Velvet Shakes

Dairy: Substitute dairy-free/nut-free milk. Use Enjoy Life brand chocolate chips.

Chocolate: Substitute carob powder for cocoa powder. Substitute carob chips for chocolate chips.

Nut: Use Enjoy Life brand chocolate chips.

Soy: Use Enjoy Life brand chocolate chips.

Instructions

Red Velvet Shakes

combine + blend

Have your kids measure and combine **3 cups milk**, **3 tablespoons cocoa powder**, **5 tablespoons sugar**, **1 beet**, and **1 handful of chocolate chips**. Blend until smooth. Add **2 cups of ice** and blend again. Taste—does it need more cocoa, milk, sweetener? Adjust and enjoy!