

# Banana Milkshake

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## Ingredients:

6 cups of milk.

6 ripe bananas.

Ground nutmeg to taste.

1 teaspoon of Vanilla extract.

## Preparation:

Mash the ripe bananas using a fork in a large bowl.

When soft, beat them with a whisk (alternatively use a blender and blend until smooth).

Add the milk (cold) and vanilla and beat with a whisk until drink is very frothy.

Serve and dust with nutmeg.