




6

HEALTHY  
MILKSHAKE  
STORIES

EAT WITH D



A milkshake is a quick and nutritious snack that we can have in between meals. Making a rich and healthy milky snack, is easier than you think. Just place all ingredients in a blender and blend until smooth.



01

# Choco.

## Healthy Chocolate Milkshake

**An ideal healthy sweet snack option for those who can't resist a daily treat. Low in calories and easy to make! Enjoy!**

**200 ml. Coconut milk**

**1tbsp. Tahini whole grain**

**2tsp. Cacao powder**

**1 Banana (sliced & frozen)**

**1tsp. Honey or Maple syrup**

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02

# Cake.

## Choco Vanilla Cake Milkshake

**Who can resist a cake?**

**Well, this is not actually a cake.**

**It's even better!**

**Nutritious and superhealthy milkshake  
ready to be your afternoon snack.**

**Let's taste it!**

**200 ml. Coconut milk**

**1tbsp. Peanutbutter**

**1tsp. Vanilla powder**

**1/2 Banana (sliced & frozen)**

**2 Digestive Biscuits low fat**

**1tsp. Cacao nibs**



03

# Fresh.

## Mint Chocolate Milkshake

**A special one!**

**A creamy plant-based milkshake filled with mint and chocolate. A healthy snack for a child replacing the sweet of the day!**

**200 ml. Almond vanilla milk  
(unsweetened)**

**50ml. Water or 4 ice cubes**

**1/2 Banana**

**1/2 cup Spinach (fresh)**

**1/3 Avocado**

**10 Mint leaves (fresh)**

**1tsp. Cacao nibs**

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04

# Bunny.

## Bugs Bunny Milkshake

**Bugs Bunny's favorite!**

**This healthy carrot milkshake tastes delicious and is high in antioxidants, beta-carotene, vitamin A and many other nutrients.**

**200 ml. Milk (low fat)**

**2 Carrots steamed**

**7 Almonds**

**1 pinch Cardamon powder**

**1 tsp. Honey**

05

# Fig.

## Fig Cashew Milkshake

**Sweet and creamy milkshake made with fresh figs, cashews and honey. Suitable for constipation problems.**

**200ml. Almond milk**

**2 Figs**

**1/2 Banana**

**1tbsp. Oats**

**7 Cashews**

**1tsp. Maca powder**

**1tsp. Honey**

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A close-up photograph of a glass filled with a thick, pink berry milkshake. The milkshake is topped with fresh blueberries, strawberries, and a sprig of green mint leaves. The glass is set against a light blue background. A red circle with the number '06' is overlaid on the top left of the image.

06

# Berry.

## Berry Milkshake

**Antioxidant-rich mixed berry milkshake suitable for weight loss. Top energy booster with a delicious taste.**

**200ml. Almond milk**

**120gr. Mixed berries frozen**

**70gr. Strawberries**

**1tsp. Chia seeds**

**1tbsp. Oats**





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