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Vegan milkshake recipe strawberry

This vegan strawberry milkshake is fresh, zingy, sweet and creamy. It's great for cooling down on summer days and you only need 3 ingredients to do it! Oh my God, it's been HOT in Scotland this week! We have seen temperatures of around 25C! It may be laughable for some of you, but for people like us Scots who are used to wearing winter jackets in July, 25C feels like being in the desert. I haven't been in the mood to bake that much in the last few weeks, mainly because it's so hot inside and out. I had planned to make some indulgent desserts this week but lately, I've been craving some cooling, refreshing sweets instead... Things like milkshakes, ice cream, cheesecakes and cream cakes. So expect more of this kind of thing on the blog in the coming weeks and months! My last summery treat was this vegan strawberry milkshake. I did it the other day and loved it so much that I thought it needed a place on the blog. The reason I love it so much is because it has the sweet creaminess that you would expect from a milkshake, but it also has that fresh, zingy flavor of the real fruit! I don't know about you, but I'm not one of the artificially flavored strawberry stuff. Personally, I prefer to be able to taste the real fruit in there, then I can fool myself that it is healthy ... If it has fruit in it, it's healthy, isn't it? Joking aside, this drink has kept me going during my working days. I've used it to distract myself from the fact that I'm trapped behind a screen, rather than laying outside in a bikini drinking pina coladas. It does the trick. It's a nice refreshing option and it makes my days a little brighter! You can substitute strawberries in this recipe for any fruit that you like such as raspberries, mangoes or bananas. Due to the addition of ice cream, it makes the drinks beautifully creamy and thick, so I think it would taste nice with all kinds of fruit! Want more vegan summer dessert recipes? Check out these sweet treats: How to make fresh vegan strawberry milkshake Make sure your blender is up to work Because this recipe requires mashing of strawberries, you need to make sure your blender is powerful enough to give you a smooth and creamy strawberry milkshake. There's nothing worse than lumpy milkshakes! A food processor will not work for this recipe, but you can use any high-speed blender that is made for mashing or mixing. Even a hand blender would do the trick. I use my Ninja 1000w mixer which always works fine. Use fresh strawberries I have only tested this recipe with fresh strawberries so this is what I would recommend. Using frozen strawberries would change the texture a lot and make it more like a slushy rather than a milkshake. I also think that fresh strawberries have a stronger taste and taste a little sweeter too! Choose your ice cream For the vanilla ice cream in this recipe I used Swedish Glace. You use any kind of herbal vanilla ice cream that you like though. If it is where you live, I think adding vegan strawberry ice cream would taste amazing too! Add some plant-based milk I used almond milk to my recipe, but any type of vegan milk alternative will do the trick here. If you are looking for an extra creamy vegan strawberry milkshake, I would recommend using soy or coconut milk. 3 Simple steps Step 1: Wash 180g (1 cup) strawberries, cut the stems off then chop them in half. You don't have to chop them up too nicely because they will get mixed anyway. Add chopped strawberries to your blender. Step 2: Add 4 scoops of your vanilla ice cream and 80 ml (1/3 cup) of plant-based milk to the blender. Mix at high speed until smooth and creamy, make sure there are no lumps of strawberries left in the mixture. Step 3: Pour in a glass and enjoy! Ideas to gear up your milkshake For a thicker milkshake, add less milk and throw in some ice too. If you want your milkshake sweeter, add more ice cream until you reach your desired result. Try experimenting with different herbal milk. Coconut will add extra creaminess and sweetness, while almond milk while giving a slightly nutty taste. How long will this recipe last? Since it contains fresh fruit, this milkshake will not last very long. I would recommend doing it just before you're ready to drink it, otherwise it will go nasty pretty quickly. If you have any leftovers, you can cover the glass with a plate or foil and store it in the fridge for up to 12 hours. Hope you enjoy this milkshake during your summer days! If you do it yourself, please let me know by leaving a comment and rating below! xo Keyword: vegan strawberry milkshake 1 Cup Fresh strawberries (180g) 4 Small scoops Milk-free vanilla ice cream (80g) 1/3 Cup Almond milk* (80ml) Place all ingredients in a blender and mix until smooth and creamy, making sure there are no lumps of fruit left. Pour in a glass and enjoy. *Almond milk can subbed for any other plant-based milk This milkshake tastes quite fresh and has a strong strawberry flavor. If you like it sweeter, use less strawberries and/or add more ice cream. For a thicker milkshake, use less milk and/or add ice before mixing. Serve immediately or store, covered, in the fridge for up to 12 hours. Vegan Strawberry Milkshake Calories 210 Calories from Fat 54 * All values are an estimate only and will vary depending on the food brands used. Hot Right NowOccasionsBaked GoodsWeekend Meal PrepTasty Caf Special DietsBest VegetarianLow Carb MealsKetoEasyOne-Recipes Pots Ingredients or LessEasy Weeknight DinnersHot Right now Jump to Recipes [//](#) [Print Recipe](#) This EASY vegan strawberry milkshake is made with just two ingredients—whole fresh strawberries and dairy-free ice cream—for a deliciously sweet drink without added sugar. (This post is sponsored by So Delicious®. As always, all opinions are my own.) This has been all about fresh strawberry season here at Grateful Grazer, and yes, I can't think of a better way to cap things than than than This sweet and simple strawberry milkshake recipe. Personally, I could use some light and summery right now, and nothing really says it's "almost" summer like a strawberry milkshake, right? How to Make a Lightweight Vegan Strawberry Milkshake: Milkshakes are such a diner staple (I made them all ~~lll~~ of the time while I was working as a server in high school), but I just never really thought about making them at home! In reality, but if you can make a smoothie, you can make a milkshake. You just single in a couple of ingredients into the blender and press a button. (And I literally mean two ingredients!) Mix a pint of dairy-free ice cream with two cups of fresh berries and you have yourself a milkshake. At first I even tried to add more to this recipe. Two ingredients just didn't feel enough! But this simple tried and true combo of fresh strawberries and So Delicious® always turned out to be the best. Why mess with a good thing? Even if you only have five minutes (say you're taking a quick break from work or school and in need of something sweet), you can make this vegan strawberry milkshake and still have a minute or two left to clean up. Root-to-Stem Cooking Tips: Strawberry Leaves One reason this strawberry milkshake is so easy to prepare is that you don't have to bother slicing or barb the fresh berries before you put them in the blender. Strawberry leaves are completely edible, and you don't even notice them when they're mixed in milkshakes. You can always cut off tops if you want, but for me, it's an easy decision to leave them on. It requires less prep time, fewer dishes (because you don't need a knife and cutting board), and you're not creating any unnecessary food waste. Is this strawberry milkshake recipe dairy- and gluten free? The key to this creamy vegan strawberry milkshake is So Delicious® No Sugar Added Vanilla Bean Coconutmilk Frozen Dessert. It is dairy-free and gluten-free. This flavor is nice for a dinner snack because it has no added sugar (meaning you're less likely to experience an energy crash). I also like So Delicious because they are part of Danone North America, which is a certified B Corporation®. What's the best way to serve a strawberry milkshake? In honor of simplicity, I say serve this vegan strawberry milkshake all on its own. If you are looking for something a little extra, but feel free to garnish with a fresh strawberry, mint leaves, or a dollop of whipped coconut cream. To make it a meal, serve your milkshake with a bean burger and roasted vegetables. (And don't forget the pickle on the page too!) Course: Drink, Dessert, Snack Cuisine: American, dairy-free, gluten-free, vegan 2 cups whole strawberries (see note) 1 pint So Delicious No Sugar Added Vanilla Bean Coconutmilk Frozen Dessert 1/8 teaspoon salt Fresh mint leaves for garnish (optional) Add strawberries, So Delicious Frozen Dessert, and salt to the blender container. Cover and mix on 30 seconds or until smooth. Transfer to glass and garnish with mint leaves if desired. Serve immediately. I use the whole strawberry (including the green leaves), which helps cut down on prep time and food waste. Lightly slice off the tops or hull strawberries before adding them to the blender if desired. Looking for more ways to use strawberries? Try these recipes: Save this Easy Vegan Strawberry Milkshake on Pinterest Do you try this recipe? Rate and leave a comment below or tag me (@GratefulGrazer) if you share on Instagram. I'd love to hear how it went! Went!

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