

Dessert

Rose' Milk Shakes

Publix Grape Magazine - Summer 2012

Start to Finish Time: 10 minutes

1 pint vanilla ice cream

1/2 pint (1 cup) raspberry sherbet

1/2 to 3/4 cup whole milk

1/2 cup rose' wine

1 tablespoon grenadine

1/4 cup fresh raspberries (optional)

In a blender, combine the vanilla ice cream, raspberry sherbet, milk, wine and grenadine.

Cover and blend until smooth.

Garnish with fresh raspberries, if desired.

Yield: 4 3/4-cup servings

Per Serving (excluding unknown items): 649 Calories; 33g Fat (44.6% calories from fat); 13g Protein; 79g Carbohydrate; 0g Dietary Fiber; 133mg Cholesterol; 281mg Sodium. Exchanges: 1/2 Non-Fat Milk; 6 1/2 Fat; 5 Other Carbohydrates.