



CHOCOLATE CHILLER

INGREDIENTS

- 1 cup low fat milk
- 1 handful of ice cubes
- 50g (5 tablespoons) Chocolate flavour FUTURELIFE® Smart food™

METHOD

1. Add all the ingredients to your blender
2. Blend together on full power until smooth.
3. Serve and enjoy.

Serves 1 – meal

Serves 2 – snack

