

TAP Milkshake

**TAP ice cream is now at select locations near you!
Try this easy recipe for a refreshing, low-calorie treat.**

Ingredients:

- Two containers TAP Ice Cream - any flavor
- ½ cup reduced-fat milk
- Whipped cream - optional

Instructions:

Blend ice cream and milk until smooth. Pour into glass and top with a swirl of whipped cream if desired.

Makes two servings. Count each serving as a snack. Enjoy!



Ice Cream. Improved.



@nutritionbytanya

Vanilla Lotus

PB Chocolate

TAP Milkshake Recipe Using TAP Ice Cream!



**Ice Cream.
Improved.**





Ice Cream. Improved.



Vanilla Lotus

PB Chocolate