

# Do more with milk



SIMPLE RECIPES  
TO SHAKE THINGS UP!



## PEANUT BUTTER & JAM BANANA THICKSHAKE



- 350ml Norco Pure Jersey milk
- 1 cup frozen raspberries
- 2 large frozen bananas
- 2 tbsp natural crunchy peanut butter
- 1 tbsp raw honey

Place all ingredients in a blender and blend for 1-2 minutes until thick and smooth. Serve immediately in a tall glass. Option to crush frozen raspberries in bottom of glass before pouring.

Garnish with fresh raspberries, extra peanut butter and crushed peanuts. Serves two.

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## THE REAL DEAL CHOCOLATE MILKSHAKE



- 600ml Norco Our Finest Full Cream Milk
- 1.5 cups Norco Hinterland Vanilla Bean ice cream
- 1/3 cup raw cacao powder
- 40ml pure maple syrup

Place all ingredients in a blender and blend for 1-2 minutes until light and fluffy. Serve immediately in a chilled glass. Option to coat glass with melted quality dark chocolate before serving. Serves two.





## GREEN & LEAN PROTEIN MYLK-SHAKE

- 500ml Norco P2 Pea Protein Mylk
  - 2 frozen bananas
  - 1 cup frozen mango
  - 2 handfuls baby spinach
  - 1 tbsp pepitas
- Place all ingredients in a blender and blend for 2 minutes until smooth and creamy. Serve in a chilled glass.
- Option to garnish with additional pepitas and micro greens before serving. Serves two.



## GOOD-FOR-YOUR-GUT BERRY SMOOTHIE

- 500ml Norco Lactose Free Full Cream milk
- 2 cups frozen mixed berries
- 1 cup natural unsweetened coconut yoghurt
- 2 tbsp LSA meal
- 2 tsp chia seeds
- 2 Medjool dates

Place all ingredients in a blender and blend for 2 minutes until smooth and creamy. Serve in a chilled glass.

Option to garnish with additional fresh berries. Serves two.