



Creamy Mint Frosties

By Dylan Sabuco

Prep Time 5 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

Equipment

- Blender (or pitcher + immersion blender)
- Liquid measuring cup
- Dry measuring cups

Ingredients

Creamy Mint Frosties

- 1 mint sprig
- 2 C ice
- 3 C milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- 1/2 C granulated sugar

Food Allergen Substitutions

Creamy Mint Frosties

Dairy: Substitute dairy-free/nut-free milk.

Instructions

Creamy Mint Frosties

measure + blend

Measure and add **1 sprig of mint leaves, 2 cups ice, 3 cups milk,** and **1/2 cup sugar** in a blender (or pitcher for use with an immersion blender). Then, blend until smooth! It's that easy. This drink is perfect for washing down your Incredible Iranian "Dooymaaj" Bread Salad + Buttermilk Mint Dressing!