

Helergon Kitchen

Easy Oreo Milkshake – Only 3 Ingredients

5 min Prep time	**5 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Main Ingredients

- [ ] 2 cups vanilla ice cream
- [ ] 1 cup whole milk
- [ ] 4 Oreo cookies, crushed

Optional Extras

- [ ] 1 tbsp vanilla extract
- [ ] Whipped cream for topping
- [ ] Additional Oreo crumbles for garnish

Instructions

1. Gather all ingredients; let ice cream sit for a minute to soften.
2. Add milk and ice cream to a blender; blend on low until smooth.
3. Add crushed Oreos (and vanilla if using); pulse a few times to mix while keeping some texture.
4. Pour the shake into chilled glasses, top with whipped cream and a sprinkle of extra Oreo crumbs.
5. Serve immediately and enjoy the cool, creamy nostalgia.

Nutrition per serving

470 kcal	7 g	52 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a thicker shake, use less milk or add an extra half cup of ice cream.
- For a boozy version, a splash of coffee liqueur works, but stick to the classic for pure nostalgia.
- Adjust sweetness by tasting before adding extra toppings.