

newsworthy trends

Make A Nostalgic Milkshake

(NAPSA)—Milkshakes are making a comeback since their initial popularity in the 1930s. Restaurant sales of milkshakes, malts and floats rose 11 percent according to NPD Group. But you can make a nostalgic Little Debbie Nutty Bar Milkshake in your own kitchen.



Ingredients:

- 4 Little Debbie 100 Calorie Nutty Bars**
- 6 scoops vanilla ice cream**
- 1/3 cup cold milk**
- 1/8 teaspoon vanilla extract**
- 1/4 cup melted peanut butter**
- 1/4 cup chocolate syrup**
- Optional, two large dollops whipped topping, thawed**

Directions:

Crumble the Nutty Bars inside their wrappers. Unwrap; place in small bowl. Scoop ice cream into blender. Add milk, vanilla extract and 3/4 of bar crumbles; cover and blend until smooth. Pour into chilled glasses. Top with remaining crumbles, peanut butter and chocolate syrup. Serves two.

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