



cap'n crunch milkshake

Captain Jack Sparrow, Captain Stubing and Captain Kirk are all drool-worthy captains, but none hold a candle to Horatio Magellan Crunch (aka Cap'n Crunch) in the taste department. This delicious Cap'n Crunch milkshake recipe has it all, with sweet corn and oat cereal blended with creamy vanilla ice cream and topped with whipped cream. Ahoy matey.

SERVES: 2

ingredients directions

- 2 cups Cap'n Crunch cereal
- 1½ cups whole milk
- 4 cups vanilla ice cream
- 1 cup Cap'n Crunch cereal
- ½ tsp vanilla extract

- Whipped cream
- Cap'n Crunch cereal pieces, for garnish

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1. In a medium bowl, soak 2 cups Cap'n Crunch cereal in milk. Leave to soak for 20 minutes. Using a strainer, pour cereal in and strain out the milk into a blender. Discard solids. To the blender, add ice cream, 1 cup Cap'n Crunch cereal and vanilla extract. Blend until smooth. Pour into a tall milkshake glass and garnish with whipped cream and cereal pieces.

“Well, yes mate. See, I’m dishonest. And a dishonest man you can always trust to be dishonest. Honestly.”

— JACK SPARROW, 'PIRATES OF THE CARIBBEAN'



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