

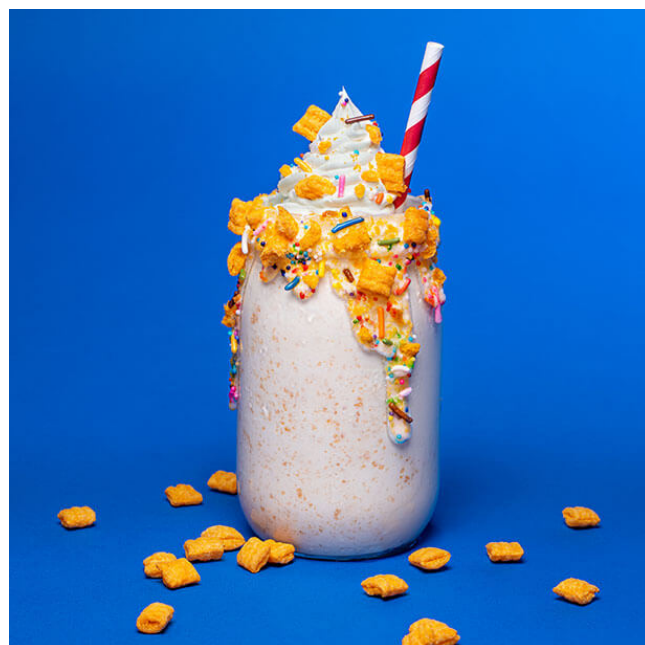
Cap'n Crunch® Mason Jar Shake

Ingredients

- 1 ½ tbsp Cap'n Crunch® Original
- 1 cup low fat milk
- 2 tbsp condensed milk
- 1/4 tsp vanilla extract
- 1 pinch salt
- Garnish with whipped cream, sprinkles, and extra Cap'n Crunch®

How to make it

1. In a 16 oz mason jar, add all ingredients, except 1/2 cup of the milk. Make sure all ingredients are placed in the fridge and thoroughly chilled beforehand.
2. Tightly screw on the lid of the jar, and vigorously shake for 3-4 minutes, until the liquid is thickened and coats the back of a spoon, but is not yet fluffy like whipped cream.
3. Place into a freezer-safe container, and freeze for approximately 4 hours, until the ice cream is the consistency of soft-serve.
4. Remove the ice cream from the freezer and scoop back into the jar. Shake/blend with the remaining 1/2 cup milk.
5. Garnish the shake with whipped cream, sprinkles, and additional pieces of Cap'n Crunch® Original.
6. Enjoy!



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min (+ 4 hr freezing time)	0 min	10 min	1

Made with



Cap'n Crunch® Original