

Jomine's Chocolate Milkshake

For ARFID kiddos

Serves 2

STEP ONE: Egg Base mixture

(I triple the Egg Base mixture (ie. 6 eggs & 1Tbsp vanilla) and save 2/3 of the mixture in the fridge, so I only have to do this step every third day)

- 2 eggs scrambled w/ 1 tsp vanilla
- Put into blender w/ 1/3-1/2 C water, blitz

STEP TWO: Adding the rest:

- 3-5tsp cocoa powder (depending how much 'disguising' you need to do)
- 1/4 C maple syrup (or taste test)
- Chunk of zucchini
- Handful of baby spinach
- Quarter mushroom
- 1/6 avocado (or more if you want the milkshake to be thicker)
- Splash of cream (depending how creamy you want it)
- 1-2tsp ground chia seeds
- Lactose free milk (I've recently been using Pediasure meal-replacement formula prescribed by our doctor instead of milk)
- Ice blocks
- 1 scoop Protein powder (some protein powders give my kids runny #2s, so if I'm using those I use only a quarter scoop, then they're fine)

Blend together. Serve sprinkled w/ 100s & 1000s (if you can be bothered). We use colourful thick silicon straws the boys love.

