

Apple Shake Makes

4 servings.

You'll need:

1 quart of cold apple juice or cider

1 pint (2 cups) of vanilla ice cream

3 bananas

1 teaspoon cinnamon

A dash of nutmeg

Cut the bananas into slices and mix all ingredients together in a blender or food processor until smooth. You can make them ahead of time and store them in the fridge.