



Cardamom Shake

Yield: 1

Cardamom has a great flavor that is not used alone too much. Try this flavorful shake.

2 scoops	vanilla ice cream
2 tsp	honey
1 tsp	espresso powder
1/4 tsp	ground cardamom
2 tbsp	Kahlua (optional)
8 oz	whole milk

1. Place ice cream, honey, espresso powder, cardamom and Kahlua into blender. With blender on, pour milk through top until blended