

Choco Fever Dream

Creamy Oreo Smoothie

A velvety, chilled Oreo drink that satisfies cravings in minutes.

5 min Prep time	**5 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Main Ingredients

- [ ] 8 Oreo cookies, roughly broken
- [ ] 1 cup cold whole milk
- [ ] 1 cup ice cubes
- [ ] 1/2 tsp vanilla extract
- [ ] 1 ripe banana (optional)
- [ ] 1 tsp honey or agave (optional)

Instructions

1. Place the broken Oreo cookies in the blender and pulse a few times just to crush them into coarse pieces.
2. Add the cold milk, vanilla extract, and any optional banana or honey, then blend on low for 10 seconds.
3. Throw in the ice cubes and blend on high until the mixture is smooth and frothy, about 20-30 seconds.
4. Taste and adjust sweetness if needed, then pour into chilled glasses. Top with a sprinkle of crushed Oreo crumbs.

Nutrition per serving

250 kcal	5 g	38 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thicker drink, use frozen banana slices instead of ice.
- For a richer version, try adding a splash of heavy cream.
- Check out the Ice Cream Cake for a complementary dessert.