



Shamrock Shake

SERVINGS
2 → 40

This shamrock shake recipe is a copy of the McDonald's favorite! It's a mix of ice cream, milk and mint, all blended to creamy perfection.

RECIPE SOURCE
dinneratthezoo.com

PREP TIME
5 MIN

TOTAL TIME
6 MIN

Ingredients

- 40 cups vanilla ice cream
- 15 cups whole milk
- 200 drops green food coloring
- 1 1/2 tablespoons plus 1/2 teaspoon mint extract
- 5 cups whipped cream
- 40 maraschino cherries

Cooking Instructions

- Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
- Place the ice cream, milk, food coloring and mint extract in a blender and blend until smooth.
- Hold for service.
CCP: Hold at an internal temperature of 0°F (-18°C) and below.

Serving Instructions

Serve 1 cup using a ladle and top with 2 tablespoons of whipped cream and 1 cherry for approved diet types and textures.

DIET TYPES

- Diabetic (CCHO): YES, 1/2 cup
- Heart Healthy/Cardiac: YES, 1/2 cup
- Low Sodium: YES
- Vegetarian: YES
- Gluten Free: YES

TEXTURES & CONSISTENCIES

- FF: YES
- Soft: YES
- TNO/ST1/MT2/MO3/EX4: Liquid level assigned by clinician & does NOT automatically correlate to an IDDSI food texture level. Adjust thickness as necessary to pass IDDSI Flow Test.

Nutrition Facts

Amounts Per Serving

Calories 359

Total Fat 19g

Saturated Fat 12g

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 5g

Cholesterol 73mg

Sodium 147mg

Total Carbohydrates 39g

Dietary Fiber 1g

Sugar 36g

Protein 8g

Vitamin A 758IU

Vitamin C 1mg

Calcium 283mg

Iron 0mg

Phosphorous 222mg

Potassium 396mg

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Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 2.16.25.

Allergens

sulphites, milk, lactose, alcohol

Recipe Tags

march 2026 collection heart
healthy/cardiac diabetic low
sodium vegetarian gluten free
finger food soft regular ladle
blender snack beverage
drink parent recipe
dinneratthezoo.com dinner
irish