



The Oesophageal
Patients Association
Caring for the cancer patient & their family

Choc-mint surprise

Ingredients

- 1 cup milk
- 1 packet chocolate Build Up or Complan
- 2 table spoons single cream
- Few drops peppermint essence (vary to taste)
- 1 scoop ice cream



Method

Blend or whisk all ingredients together except the ice cream.

Pour into glass, add ice cream and serve.

