

Treasure Barrel

Creamy Oreo Smoothie

A quick, velvety blend of Oreo cookies, milk, and vanilla that feels like a dessert in a glass.

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

Ingredients

Main Ingredients

- [ ] 10 Oreo cookies, crushed
- [ ] 1 cup whole milk, chilled
- [ ] ½ cup vanilla ice cream
- [ ] ½ cup ice cubes
- [ ] 1 tsp honey (optional)
- [ ] Pinch of sea salt

Instructions

1. Gather all ingredients and place the crushed Oreos, milk, ice cream, and ice cubes into a blender.
2. Blend on medium speed for 30 seconds, then pause to scrape down the sides.
3. Add honey and a pinch of salt, then blend for another 15 seconds until smooth but still with tiny crumbs.
4. Pour the smoothie into two chilled glasses, top each with a whole Oreo, and serve immediately.

Nutrition per serving

310 kcal	6 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra-cold drink, chill the glasses beforehand.
- If you prefer a thicker texture, add more ice cream or reduce the milk slightly.
- A dash of espresso can turn this into a mocha-style treat.