



Sweet Potato Milk Shake - From Zoe Bakes

Seriously fabulous, like a cold creamy sweet potato pie!

Ingredients:

- 1 cup baked sweet potato of your choice (I used jewel "yam")
- 3/4 cup whole milk
- 3 cups extra rich high premium vanilla ice cream of your choice
- 2 tablespoons maple syrup
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground ginger
- 1/8 teaspoon fresh ground nutmeg
- 1/8 teaspoon ground allspice
- 2 tablespoons bourbon (optional)

Directions:

Mix well in a blender and split between 2-4 cups.

