

## Jamaican Banana Milk Shake

### **Ingredients**

- 1 cup milk
- 1 scoop vanilla ice cream
- 2 oz dark Jamaican rum
- 1 ripe banana, peeled
- 3 tsp sugar or to taste
- dash of vanilla extract

### **Directions**

Place all ingredients in an electric blender, and blend well. Pour into 2 glasses and serve.