

Salted Peanut Butter Coconut Milkshake

I'm a big lover of the whole sweet and salty trend that's been going on for a while now. I remember years ago when someone told me to put a pinch of salt in my chocolate milk, and while I was skeptical at first, the result was kind of mind blowing. It turns out, salt has the power to do that to just about any food. These days, you'll find sea salt sprinkled on everything from brownies to chocolate chip cookies, and I am a big fan.

One of my favorite desserts is ice cream, especially when the weather hits 90 degrees. There's nothing better than just a standard chocolate or vanilla, but sometimes you want something more, and more this recipe is.

I used vanilla ice cream as my base for this, but I could easily see how it could be delicious with chocolate. Canned coconut milk is extra thick and creamy, and a scoop of peanut butter turns it into something even more decadent.

Where this creamy summer treat really shines, however, is in the garnishes. Shredded coconut, chopped peanuts, and coarse, crunchy sea salt cut right through the sweetness, and if you're a bit daring, a pinch of cayenne pepper gives it a exotic kick that will surprise your taste buds and probably your mind.

Ingredients:

Milkshake:

1 cup coconut milk, chilled
2 tablespoons creamy peanut butter
3 cups vanilla ice cream

Garnishes:

Chopped peanuts
Shredded coconut
Aztec Sea Salt
Pinch of cayenne (optional)

Directions:

Put the milkshake ingredients into your blender, and blend until smooth and creamy. Pour into glasses and top with garnishes. Serve immediately.