

Mocha Milkshake



This mocha milkshake is perfect if you're looking for fall flavours but prefer cold beverages. With [Barista's Cremone](#) ground coffee with notes of dark chocolate, the taste of chocolate is present at every level in this recipe!

Preparation 5 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 180

Fat 7

Carbohydrates 23

Fibre 3

Protein 9

Sodium 90

Ingredients

- 1 short espresso shot made with [Barista's Cremone](#) ground coffee
- 1 square (10g) of 75% dark chocolate
- 80 ml (? cup) of 2% fat plain Greek yogurt
- 80 ml (? cup) of unsweetened almond milk
- 15 ml (1 tbsp) of maple syrup

- 5 ml (1 tsp) of cocoa powder
- 4 ice cubes

Note: For a higher protein version, you can add ½ scoop of protein powder.

Preparation

1. In a small bowl, microwave the chocolate for 20 seconds to melt it. Add it to the espresso and mix well.
2. Blend all the ingredients in an electric blender until you achieve a smooth consistency.

Notes

Can be kept in the refrigerator for 1 day.



Meri Makaryan – Nutritionniste Diététiste à Montréal
Registered Dietitian Nutritionist in Montreal