



Mocha Madness

4 scoops First String Chocolate Blast
1 tbsp instant coffee
1 1/2 cups nonfat milk, 2% or whole milk

Place all ingredients in a blender and blend until smooth.
Add crushed ice as desired for a rich milkshake effect.

With nonfat milk

| | |
|--------------------------|------------|
| Calories | 712 |
| Fat (g) | 7 |
| Saturated Fat (g) | 3 |
| Cholesterol (mg) | 107 |
| Sodium (mg) | 356 |
| Carbohydrate (g) | 109 |
| Fiber (g) | 3 |
| Protein (g) | 55 |
| Calcium (mg) | 878 |

With 2% milk

| | |
|--------------------------|------------|
| Calories | 760 |
| Fat (g) | 13 |
| Saturated Fat (g) | 7 |
| Cholesterol (mg) | 129 |
| Sodium (mg) | 311 |
| Carbohydrate (g) | 107 |
| Fiber (g) | 3 |
| Protein (g) | 54 |
| Calcium (mg) | 832 |

With whole milk

| | |
|--------------------------|------------|
| Calories | 796 |
| Fat (g) | 18 |
| Saturated Fat (g) | 9 |
| Cholesterol (mg) | 137 |
| Sodium (mg) | 308 |
| Carbohydrate (g) | 107 |
| Fiber (g) | 3 |
| Protein (g) | 54 |
| Calcium (mg) | 818 |

