

Beverages

Cookies 'n' Cream Frap

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www.dashrecipes.com

Servings: 4

Start to Finish Time: 5 minutes

4 scoops vanilla ice cream

2 cups strong brewed coffee, chilled

5 Oreos, coarsely chopped and divided

1 cup 2% milk

1 cup ice cubes

4 tablespoons whipped cream

In a blender, combine the ice cream, coffee, four chopped Oreos, milk and ice.

Blend until smooth.

Pour into two tall glasses.

Top with the whipped cream and chopped Oreos

Per Serving (excluding unknown items): 255 Calories; 14g Fat (48.9% calories from fat); 5g Protein; 28g Carbohydrate; trace Dietary Fiber; 44mg Cholesterol; 179mg Sodium. Exchanges: 0 Lean Meat; 1/2 Non-Fat Milk; 3 Fat; 1 1/2 Other Carbohydrates.