

## Beverages

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# Mocha Frap

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**Servings: 4**

**Start to Finish Time: 5 minutes**

**1 1/2 cups strong brewed coffee, chilled**

**1 1/4 cups 2% low-fat milk**

**1/3 cup jarred fudge sauce**

**3 tablespoons sugar**

**2 cups ice cubes**

**4 tablespoons whipped cream**

**4 teaspoons chocolate sprinkles**

In a blender, combine the coffee, milk, fudge sauce, sugar and ice. Blend.

Pour into two tall glasses.

Top with the whipped cream and chocolate sprinkles.

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Per Serving (excluding unknown items): 100 Calories; 4g Fat (37.4% calories from fat); 3g Protein; 13g Carbohydrate; 0g Dietary Fiber; 16mg Cholesterol; 44mg Sodium. Exchanges: 1/2 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.