



Mocha Mint

4 scoops Chocolate Blast First String
One, 1oz envelope Swiss mocha coffee mix
1 drop peppermint extract
1½ cups nonfat, 2%, or whole milk

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

With nonfat milk

Calories	816
Fat (g)	8.5
Saturated Fat (g)	4.5
Cholesterol (mg)	107
Sodium (mg)	525
Carbohydrate (g)	132
Fiber (g)	4
Protein (g)	56
Calcium (mg)	814

With 2% milk

Calories	864
Fat (g)	14.5
Saturated Fat (g)	8.5
Cholesterol (mg)	129
Sodium (mg)	481
Carbohydrate (g)	130
Fiber (g)	4
Protein (g)	55
Calcium (mg)	770

With whole milk

Calories	900
Fat (g)	19
Saturated Fat (g)	11
Cholesterol (mg)	137
Sodium (mg)	477
Carbohydrate (g)	130
Fiber (g)	4
Protein (g)	55
Calcium (mg)	854

