

Easy Frappes

Ingredients:

- 8 oz cold coffee
- ½ c. ice cubes
- Sweetener, optional
- ¼ c. milk or whipping cream, *dairy or non-dairy*
- 1 c. vanilla ice cream, *or you could try other flavors, optional but makes the drink extra thick and creamy*
- 1 t. flavoring

optional:

- Whipped cream, for topping
- Sprinkles for topping
- Chocolate or caramel syrup for drizzling

Directions:

Blend all of the ingredients together in your blender until thick and creamy. Add a little more milk if it gets too thick.

Top with whipped cream, syrup, and/or sprinkles, if desired.

We usually get two large servings or 4-6 smaller servings from this recipe.

Note: We try to use the ‘Carb Smart’ ice cream and monk fruit sweetener but you can use whatever you like.

Don’t be afraid to try different flavors and make it yours!