

Javacado Frozen Mocha with Light Cold Foam

Yield: One 10oz Beverage

Timing: Prep Time = 5 Minutes

Total Time = 10 Minutes

Move over *Matcha*! There's a decadently green new ingredient coming to a coffee shop near you – **Avocados**! This **Javacado Frozen Mocha** elevates a classic summertime favorite with an extra level of creaminess that will make you feel like a professional barista. Combining nutrition-packed avocados and milk, this recipe will energize your morning routine with a boost of B-vitamins, fiber, and protein while providing a delightful kick of caffeine. And with only 6 ingredients, all with no-added-sugar, you can enjoy more time in the sun and less in the kitchen!



Ingredients

**Up to 10 ingredients (salt, pepper, spices, herbs, and water are “free” and not part of the ingredient count)*

List in order of use in common measurements.

For the Javacado Frozen Mocha:

1/2 small **avocado** (fresh or frozen)
1/2 cup lowfat or fat-free milk
1/4 cup strong coffee **or** 2 shots of espresso (about 2oz)
3 TBSP Sugar-free chocolate syrup (I used Hershey’s Zero Sugar syrup)
1/2 cup ice

For the Light Cold Foam topping:

2 TBSP Half-and-Half
1 TBSP Sugar-free chocolate syrup **or** Sugar-free vanilla syrup

Optional:

Additional sugar-free chocolate syrup to line the sides of your glass (as pictured)
Cocoa powder to dust on your light cold foam

Method of Preparation (Instructions)

- 1) Combine avocado, milk, coffee/espresso, sugar-free chocolate syrup, and ice in a blender, and blend on high speed until smooth. The mixture should be easily pourable. For a thicker consistency, use frozen avocado. Pour into a glass, leaving space to add light cold foam.
- 2) In a separate small glass, combine Half-and-half and a sugar-free syrup of your choice. Using a small milk frother, whip the mixture until it becomes a thick foam (about 20-30 seconds).
- 3) Pour the cold foam mixture on top of your Javacado Frozen Mocha, and enjoy!

Required utensils

- A blender (I used a basic *bullet-style* blender)
- Handheld Milk Frother