

Chocolate Frappe



GREEN (ACT & SA) / Everyday (NSW)

Makes 4 serves, Serving size: 250mL

NSW Portion size limit = 300mL (primary schools) and 500mL (secondary schools)

Ingredients:

- 500mL reduced-fat chocolate milk
- 2 cups of chocolate milk ice cubes (You will need 500mL of reduced-fat chocolate milk to make approximately 2 cups of ice cubes)

Method:

1. Place chocolate milk & chocolate ice cubes into a blender.
2. Blend until smooth.
3. Divide into cups.

Variations:

- This can be done with any flavoured milk – e.g. strawberry, vanilla, caramel

Tips:

- Flavoured-milk ice cubes can also be used to blend into smoothies, served in plain or flavoured milk, or served as a frozen treat by themselves!
- Visit the HKA webpage on frozen milk: <https://healthy-kids.com.au/can-freeze-milk-past-use-date/>

Nutrition information*:

[Recipe name here]	Per serve (250mL)	Per 100mL
Energy (kJ)	940	376
Protein (g)	8.75	3.5
Fat – total (g)	8.5	3.4
Fat – saturated (g)	5.5	2.2
Carbohydrates – total (g)	27.5	11.0
sugar (g)	26.5	10.6
Sodium (mg)	125	50

*Nutrition information varies per brand of milk