Iced Coffee Smoothie

written by The Recipe Exchange | February 16, 2014

Ingredients

3 oz. hot espresso (see Notes, below)
1/4 cup granulated sugar
2 cups milk – low-fat okay
1 Tbls. instant pudding mix (your choice of flavor)
1 cup ice cubes

Directions

Stir sugar into espresso; cool mixture.

Stir milk and pudding mix into espresso mixture.

Fill a glass with ice and either serve mixture over ice, or pour glass contents into blender and frappe for 30-45 seconds.

* No espresso? Use coffee that has been run through coffee maker twice.