

## Adult Chocolate Shakes

Yield: 1 serving

2 large scoops      chocolate ice cream  
2 tsp                  chocolate powdered drink (such as Nestles Nesquick)  
Or  
1 tsp                  instant espresso powder  
1/2 cup                whole milk (Use low fat milk or rice milk)  
1-1/2 ozs              Kahlua (I used Especial 70 proof)

1. Place in a blender everything in order. Blend until creamy, about 30 seconds.
2. Pour into a chilled tall glass.
3. Top with whipped cream and chocolate beans or dusting of chocolate.