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Tiramisu Shake ♦♦

A delicious and creamy shake inspired by the classic Italian dessert, Tiramisu. This shake combines the flavors of coffee, chocolate, and mascarpone cheese for a decadent treat. It's perfect for coffee lovers and dessert enthusiasts alike.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

2 c	vanilla ice cream
1 c	milk
2 tsp	Instant Coffee
1 tbsp	Cocoa Powder
2 tbsp	Mascarpone Cheese

2 ladyfinger cookies
pieces

2 tbsp whipped cream

Directions

Step 1

Blending

In a blender, combine the vanilla ice cream, milk, instant coffee, cocoa powder, and mascarpone cheese. Blend until smooth and creamy.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Crush the ladyfinger cookies into small pieces.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Pour the shake into glasses and top with whipped cream and crushed ladyfinger cookies.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 8 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	2 g	5.26%	8%
Sugars	35 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	20 g	71.43%	80%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	10 mcg	66.67%	66.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	250 mg	7.35%	9.62%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas Easter Anniversary Picnic

Cuisines

Italian French

Course

Drinks Salads Snacks Sauces & Dressings

Cultural

Halloween

Cost

Under \$10 \$20 to \$30

Demographics

Kids Friendly

Diet

16:8 Diet OMAD (One Meal a Day) Diet Slow Carb Diet Vegetarian Diet
Pescatarian Diet Lacto-Ovo Vegetarian Diet

Meal Type

Snack

Supper

Difficulty Level

Easy

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