

Mocha
Shake

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4–6 oz. cold water
1 scoop [HMR® 120 Chocolate](#) (or one
packet any chocolate HMR Shake mix)
1 teaspoon instant coffee
1 teaspoon unsweetened cocoa
1–2 packets non-caloric sweetener
Dash cinnamon (optional)
4 or more ice cubes

Calories: 125

1. Pour water into a blender.
2. Begin mixing on lowest speed.
3. While blender is on, add shake mix and flavorings. Blend for 10 seconds.
4. Gradually add ice cubes, one at a time, replacing the blender cover after adding each ice cube.
5. Continue blending until smooth.