
Cafe Frappe'

Servings: 1

This is a common afternoon drink.

1 tablespoon instant coffee, Greek powdered coffee
1 tablespoon hot water
1/2 cup cold water
2 tablespoons sugar
3 each ice cubes, large

In a blender or cocktail shaker, dissolve the coffee in the hot water.

Add the sugar and dissolve.

Add the remaining ingredients and blend or shake until very frothy.

Pour into a tall glass and serve immediately.

Ever wonder where the frappé originated. It was Athens, Greece! Actually, it began from a mistake. A representative from Nestle foods couldn't find any boiling water at an International foods trade show in Athens, Greece. So he used cold--voila!

Per Serving (excluding unknown items): 97 Calories; 0g Fat (0.0% calories from fat); trace Protein; 25g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1 1/2 Other Carbohydrates.