



AYMES Shake

# Double hot chocolate



## Ingredients

makes 1 serving

- 1 sachet AYMES Shake Chocolate
- 3 tsps hot chocolate powder
- 150ml whole milk

## Instructions

- 1 Mix the AYMES Shake powder and hot chocolate powder in a mug
- 2 Gently heat the milk
- 3 Add a little of the milk and whisk
- 4 Gradually add the remaining milk whilst whisking

Serve warm

1 serving

kcal  
**402**

protein  
**18.4g**

carbohydrate  
**55g**