

Recipe No. 10/2014

Chocolate Fat Shake

For all our Argus Customers, this drink, taken from Prof. Tim Noake's Book, The Real Meal Revolution, is an absolute winner. Good luck to all our customers and consultants riding the Argus, we admire you all.

Serves: 1

Preparation time: 3 minutes

Ingredients

50g 80% couverture or 1 tbsp sugar-free hot chocolate
150 g full-cream milk
50g butter
50g cream
200g coconut cream
¼ tsp salt

Method

- If using couverture. Place in TM and mill **5 sec/speed 8**.
- Add remaining ingredients. Blend **20 sec/speed 10**. Scrape down sides of bowl. Blend **30 sec/speed 10**. Enjoy

For the hot version

- Mill chocolate if using. Add remaining ingredients.
- Heat **3 min/80°C/speed 2**. Enjoy.

Cook's notes

- Using the above base, you can add any flavouring you like. Fresh or frozen berries, vanilla extract or even some almond or macadamia nuts milled in your Thermomix before adding all ingredients.
- Feel free to add a sachet of xylitol or stevia if you want more sweetness.



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