

Laurel's Lounge

Peanut Butter Chocolate Mudslide

A sweet favorite with a healthy twist!

The first Mudslide is rumored to have been invented in the 1950s at the Wreck Bar on Grand Cayman Island. Most versions are drowned in ice cream and come with a high calorie count. Serve frozen or on the rocks and experiment to find your favorite combos of spirits!

Ingredients:

- 1 oz vodka (or rum)
- 1 oz Kahlua
- 1 oz Baileys Irish Cream
- 1 ITG Peanut Butter Chocolate Shake Bottle
- 4 oz skim milk or unsweetened almond milk
- 4 oz water
- ice cubes for on the rocks or more for frozen shake
- pinch of sea salt
- Garnish: 1 tsp sliced almonds or chocolate shavings
- Garnish: Walden Farms Chocolate Syrup
- Garnish: Whipped cream

Preparation:

1. Combine all ingredients in a shaker, blender, or NutriBullet cup. For a frozen drink, add half your ice cubes at a time for smooth blending.
2. Garnish with whipped cream, chocolate syrup, sliced almonds, shaved chocolate, an extra pinch of sea salt on top and enjoy!



Submitted by ITG Coach Joe