



Sarah's Affogato

Serves 1

Prep time: 3 minutes

Cooking time: 0

Per portion

Calories: 167

Fat: 6.6g

Saturates: 4.2g

Carbs: 24.4g

of which sugars: 21.7g

Fibre: 0.2g

Protein: 2.7g

Salt: 0.13g

Ingredients:

- 1 scoop (80g) vanilla ice cream, this can be dairy free
- 1 shot of hot espresso or very strong coffee (60ml)
- 2 tsps coffee liqueur such as Kahlua or Baileys

Instructions:

Place the coffee liqueur in the bottom of a tumbler or small glass dish.

Top with the scoop of ice cream.

Pour over the hot coffee and serve immediately

You can omit the liqueur if you wish or try brandy or bourbon for a slightly different flavour.