

DRINKS

Frozen Mocha Terrine

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
33 min	11 min	22 min	10	\$0.60	357 kcal



Frozen Mocha Terrine is a beverage that serves 10. One serving contains 357 calories, 7g of protein, and 12g of fat. For 60 cents per serving, this recipe covers 8% of your daily requirements of vitamins and minerals. 1 person has made this recipe and would make it again.

Ingredients

- ☐ ½ teaspoon baking powder
- ☐ 4 large egg whites, lightly beaten
- ☐ 2/3 cup fat-free fudge topping
- ☐ 1 teaspoon instant coffee granules
- ☐ 1 cup sugar
- ☐ 1 tablespoon coffee-flavored liqueur
- ☐ ½ cup all-purpose flour
- ☐ 2 cups coffee low-fat ice cream, softened (such as Starbucks Low Fat Latte)
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- ☐ 2 cups chocolate low-fat ice cream, softened (such as Healthy Choice Chocolate Chocolate Chunk)
- ☐ 2/3 cup unsweetened cocoa

☐ 1 teaspoon vanilla extract

☐ ¼ cup vegetable oil

EQUIPMENT Bowl, Frying pan, Sauce pan, Oven, Wire rack, Plastic wrap, Loaf pan, Baking pan

Method

- 1 Preheat oven to 350.
- 2 Combine first 5 ingredients in a large bowl.
- 3 Combine egg whites, oil, and vanilla in a small bowl; stir into dry ingredients.
- 4 Spread batter in a 9-inch square baking pan coated with cooking spray.
- 5 Bake at 350 for 22 minutes. Cool completely in pan on a wire rack.
- 6 Line an 8 x 4-inch loaf pan with plastic wrap.
- 7 Spread chocolate ice cream in bottom of pan.
- 8 Spread coffee ice cream over chocolate ice cream.
- 9 Cut brownie into 2 equal pieces.
- 10 Place one piece over ice cream in pan. Reserve remaining brownie for another use. Cover pan with plastic wrap and freeze at least 4 hours.
- 11 Combine fudge topping and liqueur in a small saucepan. Cook over medium heat until sauce is warm. Spoon about 1 tablespoon sauce onto each dessert plate.
- 12 Remove terrine from freezer.
- 13 Remove top sheet of plastic wrap. Invert terrine onto a platter; remove remaining plastic wrap.
- 14 Cut terrine into 1/2-inch slices.
- 15 Place 1 slice over sauce on each plate.

Nutrition per serving

357

KCAL

7 g

PROTEIN

12 g

FAT

59 g

CARBS

Saturated Fat

4.3 g · 27% of daily needs

Fibre

3.2 g · 13% of daily needs

Sugar

42.2 g · 47% of daily needs

Sodium

159 mg · 7% of daily needs

Cholesterol

16.9 mg · 6% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/frozen-mocha-terrines-148339