

DRINKS

Polar Espresso

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	1	\$2.12	374 kcal

The recipe Polar Espresso can be made in approximately 45 minutes. One serving contains 374 calories, 4g of protein, and 21g of fat. For \$2.12 per serving, you get a beverage that serves 1.

Ingredients

- ☐ 1 shot white chocolate liqueur
- ☐ 1 shot espresso, cooled
- ☐ 1 shot half-and-half
- ☐ 1 serving Cocoa powder
- ☐ ½ shot peppermint schnapps
- ☐ 1 serving Whipped cream

Method

- 1

In a cocktail shaker filled with ice combine all ingredients except whipped cream and cocoa powder. Shake and pour into martini glass.
- 2

Garnish with whipped cream and dust with cocoa powder.

Nutrition per serving

374

KCAL

4 g

PROTEIN

21 g

FAT

35 g

CARBS

Saturated Fat

12.7 g · 79% of daily needs

Fibre

0.5 g · 2% of daily needs

Sugar

33.6 g · 37% of daily needs

Sodium

71.9 mg · 3% of daily needs

Cholesterol

29.4 mg · 10% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/polar-espresso-148626