

## **Foamy Iced Coffee Equals Frappé**

October 7 is recognized as National Frappé Day. Many people, including myself, enjoy this sweet beverage. Some may confuse a frappé and frappuccino as the same thing, but they are different. Sometimes, ordering what we want from a coffee shop menu can be confusing!

The word frappé actually has nothing to do with a type of coffee. In French, frappé means ‘iced’ and was used historically to describe a fruit juice, partly frozen, or liqueur served on top of shaved ice. Cold coffee drinks named Café Frappé became popular during the 19th century and were served either as a slushy drink or as coffee served on ice.

The first instant Café Frappé drink was created by the Greeks. They add one or two teaspoons of instant coffee granules with sugar and a little water into a shaker and mix well. The shaker creates a frothy layer at the top of the coffee. This instant version can be enjoyed with or without milk.

Today, the popular Café Frappé you will find in coffee shops is made with a blender. Ice cubes, milk, sugar, a little water, espresso or strong coffee, and flavorings of your choice are all blended well and then poured into a cup. Often, people like to top a Café Frappé with whipped cream, ice cream, milk foam, or other sweets such as caramel or chocolate syrup.

Frappuccino is often confused with Café Frappé. The beginning of frappuccino does originate from the words frappe (without the accent) and also cappuccino. Frappuccinos were originally developed in Boston, where a frappe is actually a thick milkshake. Using the milkshake style frappe, it was combined with coffee and blended to create a frappuccino. A frappuccino has a higher calorie content as compared to a frappé iced drink. Did you know that Starbucks actually owns the trademark rights to make, sell, and market a frappuccino? They even sell bottled frappuccinos in coolers at grocery and convenience stores, but I prefer a freshly made frappuccino.

In coffee shops and homes today, Café Frappé is almost always made with espresso instead of instant coffee granules. The recipe is simple, make a double espresso, add sugar, ice, shake, and serve!

It is easy to add your own twist when making a frappé. You can add flavored syrups, substitute milk for water, or even cola for water! You can also mix and match toppings until you find your favorite combination.

A frappé generally has the least amount of caffeine because it has more water or milk mixed with it than other types of coffee. Nutritionally, it is important to be aware of the amounts of fat and sugar added to your frappé, which is affected by the milk and sweetness like whipped cream, sugar, and syrups that can be added to the Frappés. If you are counting your calories, you may want to stick to plain, black coffee.

The frappé is a highly customizable drink that can fit any coffee lover’s taste. Craving a frappe but don’t want to go to the hassle of going to get one? Try this decadent beverage recipe at home in honor of Frappé Day.

**Blended Coffee Frappé** recipe from <https://www.foodnetwork.com/recipes/food-network-kitchen/blended-coffee-frappe-5486418>

**Servings:** 2

**Ingredients**

- 2 cups ice
- 1 cup espresso or strong brewed coffee, cooled
- 1/2 cup milk
- 3 Tablespoons sugar or fine sugar
- 1/4 teaspoon vanilla extract
- Whipped cream and caramel or chocolate sauce, for topping

**Directions**

- Put the ice, espresso, milk, sugar, and vanilla in a blender. Blend until thick and smooth. Pour into two tall glasses and top with whipped cream and a drizzle of caramel or chocolate sauce.

(Sources: <https://www.coffee-statistics.com>; <https://foodimentary.com>; [www.littlecoffeeplace.com](http://www.littlecoffeeplace.com))