

National Coffee Milkshake Day – July 26

By Paul Erlich, Neighborhood News Staff Writer

Just to prove that there really is a designated day for just about everything, July 26th is National Coffee Milkshake Day! Not to be confused with National Coffee Day, September 29 or National Milkshake Day, June 20, this year get out and enjoy a Coffee Milkshake!

Fortunately for you, there are an abundance of places to enjoy one. You may want to go to your favorite cafe and grab a made to order beverage or make your own! Listed below are some popular spots to get your caffeine, along with some interesting facts.

Starbucks

In America, you can't write about coffee without writing about Starbucks. The Starbucks Frappuccino takes coffee and combines it with milk and ice to make an iconic coffee milkshake. Of course, as most coffee connoisseurs know, Starbucks offers all sorts of different flavors for their coffee milkshakes, including Brown Sugar and Hazelnut.

Be careful when ordering some of Starbucks' more flavorful options. A Grande sized Caffe Vanilla Frappuccino has 400 calories and 9 grams of saturated fat. That's nearly 45% of the US recommended daily allowance of saturated fat for a 2000 calorie diet!

Dunkin'

Not to be outdone, Dunkin' (formerly Dunkin Donuts) also has a frozen coffee that looks suspiciously like a coffee milkshake. Dunkin' has many different flavors for its coffee milkshakes, including Cookie Dough and Butter Pecan swirl.

Like its competitor, Starbucks, a frozen coffee from Dunkin' is not diet friendly. A medium sized frozen coffee from Dunkin' has 410 calories!

Do It Yourself

Of course, you can make your own coffee milkshake with a blender, some cold coffee and vanilla ice cream. If you have enough coffee, you don't even need to add milk.

No matter how you get your coffee fix, be sure to give yourself a sweet treat to celebrate Coffee Milkshake Day. After all, it only comes around once a year.

To read more:

- <https://www.starbucks.com/menu/product/423/iced?parent=%2Fdrinks%2Ffrappuccino-blended-beverages%2Fcoffee-frappuccino>
- <https://www.dunkindonuts.com/en/menu/frozen-drinks/frozen-iced-coffee>
- <https://bakingmischief.com/coffee-milkshake/>