

- Prep Time: 5 minutes
- Freezing/Chilling Time: 20-30 minutes (optional, for extra thickness)
- Total Time: 35 minutes
- Servings: 4 generous servings
- Recipe Intensity / Skill Level: Level 1 (Beginner Easy) — Simple dump, blend, and chill method; suitable for all skill levels including kids.

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Equipment Needed

- High-speed blender or heavy-duty food processor
- Spatula
- 4 tall glasses or mason jars
- Ice cream scoop or large spoon

Ingredients

Ingredient	Quantity	Notes / Substitutions
Chocolate Milk	2 cups (480 ml)	Whole chocolate milk yields the creamiest result.
Sweetened Condensed Milk	1 cup (240 ml / ~1/2 can)	Adds authentic sweetness and signature texture.
Cool Whip (Whipped Topping)	8 oz (225 g)	Thawed. Keeps the mixture airy and prevents rock-hard freezing.

(Optional for extra chocolate intensity: 1 to 2 tablespoons of unsweetened cocoa powder or chocolate syrup.)

Step-by-Step Instructions

1. Pour Chocolate Milk into Blender → 2. Add Condensed Milk & Cool Whip → 3. Blend on High (30-45 sec) → 4. Chill in

Freezer (20-30 min) → 5. Scoop & Serve

Step 1: Combine the Liquids

In the pitcher of your high-speed blender, pour in 2 cups of cold chocolate milk followed by 1 cup of sweetened condensed milk.

Step 2: Add the Whipped Topping

Gently add 8 ounces of thawed Cool Whip into the blender pitcher.

Pro Tip: Make sure the whipped topping is completely thawed in the refrigerator before using. Using frozen whipped topping can cause uneven lumpiness during blending.

Step 3: Blend to Perfection

Secure the lid on your blender. Turn the speed to Medium for 10 seconds to combine the ingredients, then turn the speed up to High for 30 to 45 seconds. The mixture should become smooth, light, and slightly bubbly. Avoid over-blending, as you want to preserve the airy structure provided by the whipped topping.

Step 4: Chill for Authentic Texture

While you can drink this immediately as a rich chocolate milkshake, the secret to getting that scoopable, spoonable “Frosty” consistency is a quick freeze:

1. Pour the blended mixture into a shallow freezer-safe bowl or container (or leave it directly in your blender pitcher if space allows).

2. Cover with plastic wrap or a lid.
3. Place in the freezer for 20 to 30 minutes.
4. Remove every 10 minutes to give it a quick stir with a spatula, scraping down the icy sides back into the center.

Step 5: Serve and Enjoy

Once the mixture reaches a thick, slushy, scoopable consistency, spoon it evenly into 4 tall glasses. Serve immediately with a wide straw, a spoon, and a side of hot french fries for dipping!

Chef Tips for Success

1. **Don't Skip the Whipped Topping:** Real ice cream recipes rely on churning air into heavy cream as it freezes. Cool Whip contains pre-aerated fats that keep the Frosty soft, thick, and scoopable without crystalizing into a solid ice block.
2. **Double Up on Chocolate:** Standard store-bought chocolate milk provides a mild chocolate flavor just like the original drive-thru style. If you prefer a dark or intense cocoa flavor, sift 1 to 2 tablespoons of unsweetened cocoa powder into the blender before mixing.
3. **Storage Instructions:** Leftovers can be stored in an airtight container in the freezer for up to 1 week. Because it will freeze solid over several hours, simply set the container on the kitchen counter at room temperature for 15 to 20 minutes before serving to let it soften back into its signature texture.

Variations & Recipe Modifications

- Dairy-Free / Vegan: Use canned full-fat coconut milk or dairy-free condensed milk (sweetened condensed coconut milk), combined with dairy-free whipped topping (such as CocoWhip) and plant-based chocolate oat milk.
- Low-Sugar / Light: Swap the sweetened condensed milk for a sugar-free condensed milk alternative, use sugar-free whipped topping, and select light or zero-sugar chocolate milk.
- Adult Twist: Stir in 1.5 oz of Irish cream liqueur or chocolate liqueur per glass right before serving.

Detailed Nutritional Information

Values are calculated per serving based on 4 equal portions.

Nutrient	Amount Per Serving	% Daily Value (DV)*
Calories	340 kcal	17%
Total Fat	12 g	15%
Saturated Fat	8 g	40%
Trans Fat	0 g	0%
Cholesterol	25 mg	8%
Sodium	160 mg	7%
Total Carbohydrates	52 g	19%
Dietary Fiber	1 g	4%
Sugars (Total)	46 g	—
Includes Added Sugars	34 g	68%
Protein	8 g	16%

Nutrient	Amount Per Serving	% Daily Value (DV)*
Calcium	280 mg	22%
Potassium	390 mg	8%
Vitamin D	1.5 mcg	8%