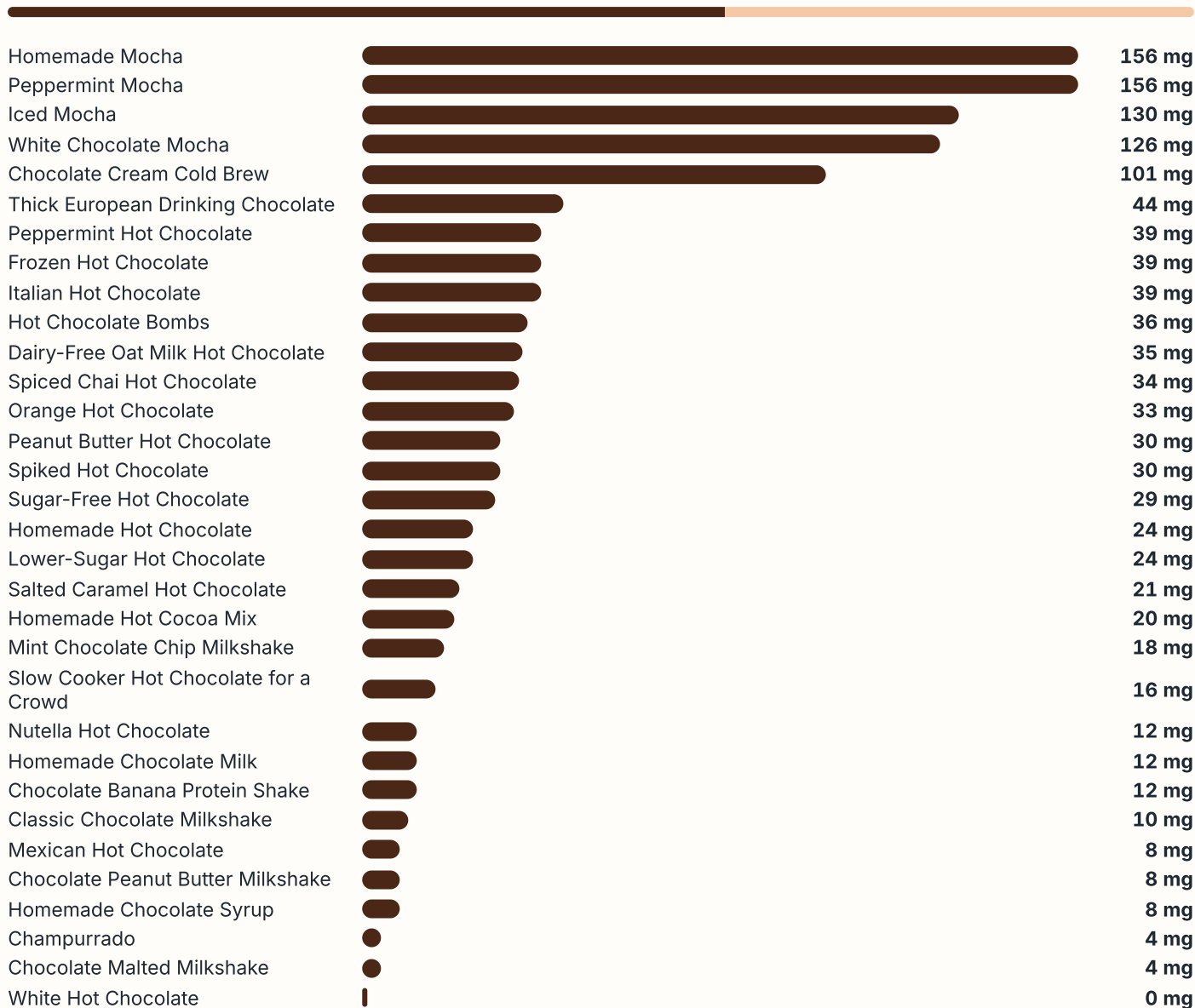


Caffeine in chocolate drinks

Estimated caffeine per serving, all 32 of our recipes. Cocoa has a little caffeine; espresso brings the rest.



0 mg

White chocolate has no cocoa solids

About 24 mg

Our classic mug of hot chocolate

About 150 mg

A mocha with two shots of espresso