

Cafe Mocha

Makes: 2 servings

Jazz up this hot drink by adding non-fat whipped topping and cinnamon.

Ingredients

1/3 cup milk (non-fat, dry)

1 cup water

1 cup coffee (brewed)

4 tablespoons hot chocolate mix

whipped topping (non-fat, optional)

cinnamon (optional)

Directions

1. Heat reconstituted non-fat dried milk in saucepan until warm; do not boil.
2. Add coffee and hot chocolate mix. Stir well and heat to desired temperature.
3. Divide coffee mixture between two mugs. Top with non-fat whipped topping and cinnamon, if desired.

Notes

You can substitute 1 cup skim milk for the reconstituted non-fat dried milk.

Nutrition Information

Nutrients	Amount
Calories	130
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	67 mg
Total Carbohydrate	26 g
Dietary Fiber	1 g
Total Sugars	24 g
Added Sugars included	17 g
Protein	5 g
Vitamin D	40 IU
Calcium	190 mg
Iron	0 mg
Potassium	354 mg

N/A - data is not available

MyPlate Food Groups

 Dairy 1 1/2 cups

Source: United States Department of Agriculture, USDA'S Collection of Nonfat Dry Milk (NDM) Recipes