

Cafe Mocha

The perfect, cozy treat to enjoy as the weather gets colder. Jazz up this hot drink by adding cinnamon.

Makes: 2 Servings

Prep Time: 10 minutes

Source: choosemyplate.gov/cafemocha

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.

Utensils Needed

- Saucepan
- Spoon or Whisk
- Measuring Utensils
- Mugs



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 of recipe	
Nutrients	Amount
Calories:	155
Total Fat:	1 g
Saturated Fat:	1 g
Cholesterol:	2 mg
Sodium:	212 mg
Total Carbohydrates:	30 g
Dietary Fiber:	1 g
Total Sugars:	25 g
Added Sugars:	15 g
Protein	6 g

SHOPPING LIST

Average total cost without oil and seasonings: \$9.27

Average cost/serving: \$1.54

Recipe Makes: 2 Servings (Cost is based on full list of ingredients purchased, total ingredients listed can make recipe at least 3 times)

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

My Cooking Notes



Add 1 to Cart
Dry Milk



Add 1 to Cart
Instant Coffee



Add 1 to Cart
Hot Chocolate Mix



OPTIONAL
Add 1 to Cart
Non-Fat Whipped Topping

SAVE TIME, SAVE MONEY

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