

Cinnamon and Chocolate Mocha Latte

Makes 1 serving

Ingredients

- 1 teaspoon instant coffee
- 2 tablespoons hot water
- ¾ cup low-fat (1%) milk
- ¼ teaspoon ground cinnamon
- 1 ½ tablespoons hot chocolate mix
- 2 tablespoons fat-free whipped topping
- 1 teaspoon chocolate syrup
- pinch of ground cinnamon

Directions

1. In a mug, stir together the instant coffee and hot water. Set aside.
2. In a small saucepan, stir together milk and cinnamon over medium heat. Allow to heat until just steaming, then add the hot chocolate mix. Stir.
3. Add milk mixture to the mug with instant coffee. Stir. Top with whipped topping, a drizzle of chocolate syrup and a sprinkle of cinnamon. Enjoy warm!



APPETIZER OR SNACK



TIP

You can also use 2% milk in this recipe if you'd like a creamier-tasting latte.* Just remember that with extra creaminess comes extra calories and saturated fat.

*Option not included in nutrition facts.

♥ = heart smart ✕ = low sodium (GF) = gluten free

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Nutrition Facts

Serving Size 1 cup (260g)
Servings Per Container 1

Amount Per Serving

Calories 200 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 140mg **6%**

Total Carbohydrate 38g **13%**

Dietary Fiber 1g **4%**

Sugars 31g

Protein 7g

Vitamin A 8% • Vitamin C 0%

Calcium 25% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: milk

Carb choices per serving: 2 ½