

Spiced Mocha

Makes 6 servings

Ingredients

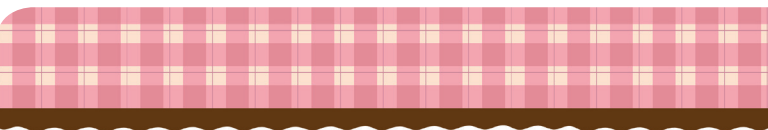
- 1 medium orange
- 2 cinnamon sticks, broken into 1- to 2-inch pieces
- 8 whole cloves
- 3 whole allspice
- 2 cups water
- 2 cups fat-free milk
- ¼ cup packed brown sugar
- 3 tablespoons unsweetened cocoa powder
- 2 tablespoons instant coffee crystals
- 1 teaspoon vanilla extract

Directions

1. Use a vegetable peeler to remove peel of the orange. Be careful not to get the pith (white underneath peel). Squeeze the juice from the orange into a liquid measuring cup. Add water to make ½ cup juice, if needed. Set aside.
2. Place the orange peel, cinnamon sticks, cloves and allspice in a square of 100% cheese cloth. Tie corners together with a kitchen string.
3. In a large saucepan, combine the orange juice (made in step 1), spice bag (made in step 2), water, milk, brown sugar, cocoa powder and instant coffee. Stir. Bring to a boil. Remove from heat, cover and allow to set for 10 minutes.
4. Uncover saucepan and remove spice bag. Add vanilla. Stir. Serve warm.



APPETIZER OR SNACK



TIP

If you prefer iced mocha beverages, make this recipe the night before and enjoy it over ice.

♥ = heart smart

⊗ = low sodium

Ⓞ = gluten free

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Nutrition Facts

Serving Size 2/3 cup (197g)
Servings Per Container 6

Amount Per Serving
Calories 100 Calories from Fat 10

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 15g	

Protein 4g

Vitamin A 4% • Vitamin C 50%

Calcium 15% • 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: 1