

Cafe Mocha

Yield 2 servings

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)

Instructions

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.

Cost

Per recipe: \$0.91

Per serving: \$0.46

Source

United States Department of Agriculture, [USDA'S Collection of Nonfat Dry Milk \(NDM\) Recipes](#)

Notes

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

Nutrition Facts

Serving Size 1/2 of recipe (297g)
Servings Per Container 2

Amount Per Serving

Calories 180 **Calories from Fat 5**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 180mg **8%**

Total Carbohydrate 38g **13%**

Dietary Fiber 1g **4%**

Sugars 34g

Protein 9g

Vitamin A 8% • Vitamin C 2%

Calcium 25% • Iron 2%

*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