

Beverage

Calcium-Rich Iced Latte

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Servings: 2

Start to Finish Time: 10 minutes

1 cup cold water

1/3 cup ground French-roast or espresso-roast coffee

1/3 cup skim milk

4 teaspoons sugar-free hazelnut-flavored OR Vanilla-flavored Syrup (optional)

ice cubes

2 1/2 teaspoons sugar substitute (optional)

Using a drip coffeemaker, add water and ground coffee. Brew according to manufacturers directions.

Pour coffee into a glass measuring cup. Stir in the skim milk and, if desired, the syrup.

Fill two tall glasses with ice.

Pour the coffee mixture into the glasses.

If desired, sweeten to taste with the sugar substitute.

Per Serving (excluding unknown items): 14 Calories; trace Fat (4.7% calories from fat); 1g Protein; 2g Carbohydrate; 0g Dietary Fiber; 1mg Cholesterol; 24mg Sodium. Exchanges: 0 Non-Fat Milk.