

## Beverages

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# Frozen Almond Cappuccino

www.splenda.tastebook.com

**Servings: 4**

**Start to Finish Time: 5 minutes**

**2 cups ice cubes**

**1/4 cup instant nonfat dry milk powder**

**1/3 cup Splenda no calorie sweetener**

**5 teaspoons instant espresso granules**

**1 1/2 cups 1% low-fat milk**

**1/2 teaspoon almond extract**

In a blender, combine all of the ingredients in the order listed.

Process the mixture until smooth, stopping to scrape down the sides.

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Per Serving (excluding unknown items): 39 Calories; 1g Fat (22.9% calories from fat); 3g Protein; 4g Carbohydrate; 0g Dietary Fiber; 4mg Cholesterol; 50mg Sodium. Exchanges: 1/2 Non-Fat Milk; 0 Fat.