

Beverages

Iced Cappuccino

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www.dashrecipes.com

Servings: 5

Start to Finish Time: 5 minutes

2 cups 1% milk

2 tablespoons chocolate syrup

2 teaspoons instant espresso powder

2 tablespoons sugar

4 ice cubes

ground cinnamon (for sprinkling)

In a blender, combine the milk, syrup, espresso powder, sugar and ice. Blend until smooth.

Pour into two tall glasses.

Sprinkle with cinnamon.

Per Serving (excluding unknown items): 77 Calories; 1g Fat (12.4% calories from fat); 3g Protein; 14g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 54mg Sodium. Exchanges: 1/2 Non-Fat Milk; 0 Fat; 1/2 Other Carbohydrates.