

Hot Vanilla

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AAA Great Pretenders Party Guide

Servings: 2

1 3/4 cups milk

1/4 cup whipping cream

1/2 vanilla bean

1 1/2 teaspoons sugar

sprinkle ground cinnamon

In a heavy saucepan, combine the milk, cream, vanilla bean and sugar. Warm over low heat. When small bubbles occur around the sides of the pan, remove from the heat. Let sit at room temperature for 15 to 20 minutes.

Place the pan back on the stove and rewarm the mixture, whisking it briefly to redistribute the skin that forms on the milk's surface.

Remove the vanilla bean half. Scrape out the seeds with a sharp knife. Return the seeds to the milk.

Pour the vanilla milk into two eight-ounce mugs.

Top with sprinklings of cinnamon.

Serve hot.

Per Serving (excluding unknown items): 246 Calories; 18g Fat (65.5% calories from fat); 8g Protein; 14g Carbohydrate; 0g Dietary Fiber; 70mg Cholesterol; 116mg Sodium. Exchanges: 1 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.