



### Hot Cocoa

- 1 cup skim milk
- 1 pkt no-added-sugar hot chocolate mix

Heat milk. Stir in no-added-sugar hot chocolate mix.

### Hot Cider

- 1 cup water, heated
- 1 pkg Alpine Spiced Cider mix

Stir mix into hot water and enjoy.  
Optional, stir with a cinnamon stick.

### Peppermint Mocha Coffee

- ¼ cup espresso or strong coffee (can use decaf)
- 2 tsp. sugar-free chocolate syrup
- ¼ cup milk
- ¼ cup Sugar Free Peppermint Mocha Flavor NESTLÉ COFFEE-MATE Liquid Coffee Creamer

COMBINE espresso and sugar-free chocolate syrup in coffee mug. Steam milk and Coffee-mate together using espresso machine or microwave on HIGH (100%) power for 1 minute or until very hot. Pour over espresso.

### Amaretto Tea

- 1 oz DaVinci Gourmet Amaretto Sugar Free Syrup
- brewed black tea

Combine ingredients in a 12 oz cup. Mix well.

# HEALTHFUL TIPS

## Warm Up with Holiday Drinks

### Holiday Au Lait

- 2 cups hot brewed coffee (can use decaf)
- 2 cups milk, heated
- ¾ cup Sugar Free Pumpkin Spice Flavor NESTLÉ COFFEE-MATE Liquid Coffee Creamer
- 1 tablespoon vanilla extract
- ¾ teaspoon ground cinnamon
- ¾ teaspoon ground nutmeg
- Cinnamon sticks (optional)

COMBINE coffee, milk, Coffee-mate, vanilla extract, cinnamon and nutmeg in large container. Serve with cinnamon sticks. Makes 6 servings.

### Skinny Protein Latte

- ¾ cup 1% milk, steamed or piping hot
- 2 tablespoons Sugar Free NESTLÉ COFFEE-MATE Liquid Coffee Creamer—flavor of your choice
- 2 (2-ounce) shots espresso or strong coffee (can use decaf)
- 2 tablespoons vanilla-flavored protein powder
- 1 packet sweetener of your choice (optional)

Pour milk into large mug; stir in Coffee-mate, espresso, protein powder and sweetener.

### Almond Cappuccino

- 1/2 oz DaVinci Almond Sugar Free Syrup
- 2 oz espresso or strong coffee (can use decaf)
- ½ cup foamed milk

Combine ingredients in a 6 oz cup. Mix well.

### Sugar-Free Irish Cream Cappuccino

- 1/2 oz DaVinci Irish Cream Sugar Free Syrup
- 2 oz espresso or strong coffee (can use decaf)
- ½ cup foamed milk

Combine ingredients in a 6 oz cup. Mix well.

### Sugar-Free Chocolate Hazelnut Steamer

- 1/2 oz DaVinci Hazelnut Sugar Free Syrup (Untoasted)
- 1/2 oz DaVinci Chocolate Sugar Free Syrup
- 1 cup steamed milk

Combine ingredients in a 12 oz cup. Mix well.

### Sugar-Free Pumpkin Spice Latte

- 2 oz espresso or strong coffee (can use decaf)
- ¾ cup milk, skim
- 15 drops (or to taste) liquid Stevia
- 1/3 cup canned pumpkin
- 1/2 teaspoon pumpkin pie spice

Combine all ingredients in blender. Blend on high until well mixed. Place in mug and heat in microwave until desired temperature. Garnish with whipped cream and a sprinkle of cinnamon, pumpkin pie spice or nutmeg.