

Café Mocha Mix

Submitted by Kelly S.

2/3 cup Splenda®

½ cup instant coffee (regular or decaffeinated)

½ cup nonfat dry milk

½ cup dry nondairy creamer (flavored and sweetened with Splenda)

1/3 cup Dutch cocoa powder

½ teaspoon cinnamon

Place the nonfat dry milk in the food processor or blender and process on high for 30 seconds or until very fine. Mix all ingredients together. Store at room temperature in an airtight container. Mix 3 Tablespoons with 6 oz hot water. Makes six servings.

Nutrition Information per serving: 75 calories, 5 grams protein, 2 grams total fat, 1.5 grams saturated fat, 9 grams carbohydrate, 66 mg sodium.