

Cappuccino

1 cup skim milk, heated
1-1/2 tsp. instant coffee
Few drops brandy extract
2 pkts. Equal® sweetener
Dash cinnamon

Heat milk, and add remaining ingredients except cinnamon. Top with cinnamon.
Makes 1 serving.

Nutrition information per serving: calories 99; protein 10 grams; fat 0 grams sodium 129 mg