

SKIM MILK LATTE

1/2 cup skim milk
1/4 teaspoon vanilla extract
1 teaspoon Splenda
brewed coffee

Microwave skim milk in coffee mug on high for 60 seconds. Using a fork, whip milk until foam forms on top. Stir in vanilla and Splenda. Add coffee to top of mug. Makes one serving.

Nutrition information per serving: 43 calories; 4 grams protein; 0 grams fat; 6 grams carbohydrate; 63 mg sodium.