

HEALTHFUL TIPS



Indulge with Holiday Drinks

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 no-added-sugar Alpine Spiced Cider mix
Stir mix into hot water and enjoy.
Optional, stir with a cinnamon stick.

Caramel Macchiato

2 tablespoons no-added-sugar vanilla syrup (look in the coffee section)
½ cup of fresh espresso or dark-roast coffee
1 cup skim milk
1 tablespoon sugar-free caramel sauce
Brew espresso or coffee. Froth milk with a handheld frother. Add coffee, milk, and vanilla syrup to mug, stir and top with caramel sauce.

Skinny 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)
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.

Peppermint Mocha Coffee

2/3 cup of coffee
1/3 cup skim milk
2 drops peppermint extract
2 tablespoons sugar-free chocolate syrup
Whipped cream (optional)
Crushed sugar free peppermints or candy cane (optional)
Brew coffee and pour into mug. Stir in milk, peppermint extract, and chocolate syrup. Top with 1 to 2 tablespoons of whipped cream and crushed peppermints or candy cane (optional).

Amaretto Tea

1 oz DaVinci Gourmet Amaretto Sugar Free Syrup
brewed black tea
Combine ingredients in a 12 oz cup. Mix well.

Sugar-Free Irish Cream Cappuccino

1/2 oz DaVinci Irish Cream Sugar Free Syrup
2 oz espresso or strong coffee (or decaf)
½ cup foamed milk
Combine ingredients in a 6 oz cup. Mix well.

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.

Sugar-Free Chocolate Hazelnut Steamer

1/2 oz DaVinci Hazelnut Sugar Free Syrup
1/2 oz DaVinci Chocolate Sugar Free Syrup
1 cup steamed milk
Combine ingredients in a 12 oz cup. Mix well.

Pumpkin Spice Latte

1 ½ cups skim milk
½ cup of dark-roast coffee
1 ½ tablespoons canned pumpkin
½ teaspoon pumpkin-pie spice or cinnamon
½ teaspoon vanilla extract
Splenda, Stevia or Swerve to taste
Combine 1 cup of milk and all other ingredients in a small saucepan. Stir until simmering, making sure spices and pumpkin dissolve. Remove from heat and pour into a mug. Froth remaining ½ cup of milk and add to mug. Sprinkle with cinnamon if desired.