

Ideal[®] Holiday Cappuccino Servings: 4

Ingredients

- 1 ½ c espresso beans
- 3 c boiling water
- 2 TBS Ideal[®] No Calorie Sweetener
- 1 tsp ground cinnamon
- 1 vanilla bean split
- 4 c non-fat milk
- 4 oz bittersweet chocolate, chopped

Directions

1. In a coffee mill, finely grind the beans; then brew espresso with the boiling water using coffee maker
2. In a small bowl, combine the sweetener and cinnamon and set aside
3. Using a small knife, scrape the seeds from the vanilla bean into medium saucepan; pour in the milk and scald over medium heat about 5 min
4. Remove from heat, add chocolate and stir until melted; cover and keep warm over very low heat
5. Divide the espresso into four cups, mugs, or glasses; in a blender begin whipping half of the warm chocolate milk at low speed; gradually increase the speed to high and blend until frothy, about 1 min
6. Pour the chocolate milk into cups of coffee; stir briefly; top each cup with some milk froth and sprinkle top with reserved cinnamon sweetener
7. Top with whipped topping if desired

Tip: Can use almond or soymilk as well as pumpkin spice for some delicious variety.

Per Serving: 340 Calories; 13 g Protein; 26 g Total Fat; 24 g Carbohydrates; 5 g Fiber; 13 g Sugar; 365 mg Calcium; 5 mg Iron; 126 mg Sodium; 46 mg Cholesterol

