

Iced Coffee with Milk

INGREDIENTS:

- 2 cups low-fat milk*
- 2 cups freshly brewed coffee, cooled
- sugar substitute, to taste

DIRECTIONS:

Stir together 1 cup of milk and 1 cup of coffee. Pour into an ice cube tray and freeze overnight until frozen solid.

Pour remaining milk and coffee into 2 tall glasses.

Sweeten to taste with sugar substitute and add half of the prepared milk ice cubes** to each glass.

*Or, substitute with low-fat chocolate milk to create an iced mocha coffee.

**Size and amount of ice cubes may vary depending on ice cube tray.

Makes: 2 servings

Prep time: 5 minutes
(plus overnight freezing for the milk ice cubes)

NUTRITIONAL FACTS PER SERVING

Calories: 100
Total Fat: 2.5 g
Saturated Fat: 1.5 g
Cholesterol: 10 mg
Sodium: 130 mg
Calcium: 30% Daily Value
Protein: 8 g (8 grams
from dairy)
Carbohydrate: 12 g
Dietary Fiber: 0 g