

Cappuccino in a Jar

 Vegetarian

READY IN



10 min.

SERVINGS



20

CALORIES



91 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 teaspoon ground cinnamon
- 0.4 teaspoon ground nutmeg
- 0.7 cup coffee granules instant
- 1 cup powdered chocolate drink mix
- 1 cup powdered non-dairy creamer
- 0.5 cup sugar white

Equipment

- food processor

- bowl
- ziploc bags
- rolling pin
- canning jar

Directions

- Have ready 2 (12 ounce) canning jars.
- Put the instant coffee into a food processor, and process to a fine powder. If you don't have a food processor, put it into a large plastic bag, and crush with a rolling pin.
- In a large bowl, combine creamer, chocolate mix, instant coffee, sugar, cinnamon, and nutmeg. Stir together until well mixed. Spoon into 2 - 12 ounce jars.
- Mix 3 tablespoons of powder with 6 fluid ounces hot water.

Nutrition Facts



PROTEIN 8.61% **FAT 18.22%** **CARBS 73.17%**

Properties

Glycemic Index:7.25, Glycemic Load:3.5, Inflammation Score:-1, Nutrition Score:2.8878260941609%

Nutrients (% of daily need)

Calories: 90.54kcal (4.53%), Fat: 1.86g (2.86%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 16.77g (6.1%), Sugar: 9.35g (10.39%), Cholesterol: 1.5mg (0.5%), Sodium: 36.33mg (1.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 247.63mg (82.54%), Protein: 1.98g (3.96%), Vitamin B3: 2.55mg (12.77%), Potassium: 350.02mg (10%), Manganese: 0.16mg (8.21%), Magnesium: 31.71mg (7.93%), Phosphorus: 54.08mg (5.41%), Vitamin B2: 0.06mg (3.78%), Calcium: 31.7mg (3.17%), Selenium: 2.18µg (3.12%), Iron: 0.41mg (2.25%), Vitamin B1: 0.03mg (2.16%), Vitamin B6: 0.03mg (1.4%), Copper: 0.02mg (1.22%)