



## Cappuccino Mix in a Jar

 Vegetarian

READY IN



10 min.

SERVINGS



20

CALORIES



88 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
- 0.5 cup splenda® no calorie sweetener
- 1 cup powdered non-dairy creamer

### 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, SLENDA® Granulated Sweetener, 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 8.79%** **FAT 18.42%** **CARBS 72.79%**

## Properties

Glycemic Index:6.25, Glycemic Load:2.29, Inflammation Score:-1, Nutrition Score:2.8821739152722%

## Nutrients (% of daily need)

Calories: 88.09kcal (4.4%), Fat: 1.85g (2.84%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 16.35g (5.95%), Sugar: 8.37g (9.3%), Cholesterol: 1.5mg (0.5%), Sodium: 36.28mg (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: 350.12mg (10%), Manganese: 0.16mg (8.2%), Magnesium: 31.71mg (7.93%), Phosphorus: 54.08mg (5.41%), Vitamin B2: 0.06mg (3.73%), Calcium: 31.65mg (3.16%), Selenium: 2.15µg (3.08%), Iron: 0.4mg (2.24%), Vitamin B1: 0.03mg (2.16%), Vitamin B6: 0.03mg (1.4%), Copper: 0.02mg (1.21%)