

FROZEN CAPPUCCINO #2

This frozen coffee shake is made with evaporated skimmed milk and is rich and creamy, without the added fat.

- 1/3 cup brewed coffee, frozen in cubes
- 1/4 cup evaporated skim milk
- 2 teaspoons granulated sugar
- 2 teaspoons coffee syrup
- 1/8 teaspoon ground cinnamon

In a blender, combine frozen coffee cubes, evaporated skim milk, sugar, syrup, and cinnamon to taste. Purée until very smooth and frothy.

Serves 1

Coffee Banana Smoothie

Serve these coffee-flavored energizers for breakfast. Be sure to start with frozen bananas; this makes the drink taste rich and icy like a milk shake.

- 2 small bananas, peeled, cut up, and frozen
- 1-1/2 cups skim milk
- 1 8-ounce container low-fat coffee yogurt
- 1/4 teaspoon ground cinnamon
- Dash ground nutmeg
- Banana slices (optional)
- Fresh mint (optional)

Prep Time: 5 minutes

In a blender container combine frozen bananas, milk, yogurt, cinnamon, and nutmeg. Cover and blend till smooth. To serve, pour into glasses. If desired, garnish with fresh banana slices and mint. Makes 2 (1-1/2-cup) servings

Mocha Java

Coffee and chocolate often are served side by side. This elegant drink combines them in a single, satisfying cup.

- 1 cup strong coffee
- 2 tablespoons semisweet chocolate pieces
- 1 tablespoon sugar
- 1/4 cup half-and-half or light cream

In a small saucepan combine coffee, chocolate pieces, and sugar. Cook and stir over medium heat for 2 to 3 minutes or till chocolate is melted and sugar is dissolved. In another small saucepan heat half-and-half or light cream till steaming, stirring occasionally. Pour coffee mixture into a mug. Add warm half-and-half. If desired, stir in additional sugar to taste.