

Caramelized Espresso Frappe

1/2 cup boiling water
1 teaspoon instant espresso or 2 teaspoons instant coffee granules
1/4 cup sugar
1/4 cup water, divided
1 cup skim milk
1/4 cup hot cocoa mix
1 cup crushed ice

Combine boiling water and espresso; stir until coffee dissolves. Pour into an ice cube tray; freeze 4 hours or until firm.

Combine sugar and 2 tablespoons water in a small heavy saucepan over medium heat; cook until sugar dissolves. Continue cooking an additional 5 minutes or until golden. Remove from heat; carefully stir in 2 tablespoons water with a whisk (mixture will bubble vigorously). Let cool.

Combine caramelized sugar, milk, and cocoa mix in a blender; process until well blended. With blender on, add coffee ice cubes, 1 at a time; process until smooth. Add crushed ice; process until smooth. Serve immediately.

Hot Mocha

Add coffee crystals to an old favorite for an added treat.

2 tablespoons sugar
2 tablespoons unsweetened cocoa powder
2 teaspoons instant coffee crystals
3 cups skim milk
1/2 teaspoon vanilla

Prep Time: 5 minutes

Cooking Time: 6 minutes

In a medium saucepan stir together sugar, cocoa powder, and coffee crystals. Gradually stir in milk until smooth. Heat over medium heat until warm. Remove from heat; stir in vanilla. Makes 4 (6-ounce) servings.

Starbucks Pumpkin Spice Latte

2 shots Espresso- I actually didn't have any so I used Starbucks Elephant Kinjia finely ground.
3 oz milk combined w/ 3oz 1/2 & 1/2 steamed & frothed-- or As much as u like
2 Tsp Pumpkin Spice- Grocery store Spice Isle.
1 tblsp white mocha Tollhouse chips to sweeten.

Then I just mixed it all up to taste.

Topped with whipped cream and a sprinkle of pumpkin spice.