



Hot Mocha Mix in a Jar

Shine 365
Marshfield Clinic

PREP TIME: 10 minutes • SERVINGS: 56

INGREDIENTS

- 1¼ cups nonfat milk powder
- ¾ cup Splenda®
- ¾ cup powdered non-dairy coffee creamer
- ½ cup unsweetened cocoa
- ¼ cup instant coffee granules

INSTRUCTIONS

In a large bowl, combine all ingredients and mix until well blended. Store in a sealed container.

To serve, heat 1 cup of water and stir in 2 to 3 heaping teaspoons of cocoa mixture.

NUTRITION INFORMATION

Each serving (1 tablespoon dry mix) contains about 20 calories, 0.5 g fat (0.5 g saturated), 0 mg cholesterol, 15 mg sodium, 3 g carbs, 0 g fiber, 2 g sugar, 1 g protein.

Source: splenda.com