



Easy Spiced Morning Mocha



 **TOTAL TIME:** Prep/Total Time: 10 min.

 **YIELD:** 1 serving.

“ This recipe is a delicious morning pick-me-up and still tastes great when made with low-fat milk.—Vicki Wright, Omaha, Nebraska

Taste of Home

Ingredients

1 tablespoon French vanilla powdered nondairy creamer

1-1/2 teaspoons sugar

1 teaspoon instant coffee granules

1 teaspoon baking cocoa

1/4 teaspoon ground ginger

1/4 teaspoon ground cinnamon

1 cup hot 2% milk or water

Sweetened whipped cream and additional ground cinnamon

Directions

1. Place the first 6 ingredients in a mug. Stir in hot milk until blended. Top with whipped cream; sprinkle with additional cinnamon.

Nutrition Facts

1 cup: 188 calories, 7g fat (5g saturated fat), 20mg cholesterol, 115mg sodium, 24g carbohydrate (18g sugars, 1g fiber), 9g protein.

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