

Iced Mocha Java

1 serving

Estimated cost per serving: \$0.40

Save **money**, **time**, & **calories** by making your coffee drink at home . . .

8 oz. low-fat chocolate milk or soy milk
6 oz. strong brewed coffee, cooled
5 - 6 ice cubes



Place milk, coffee and ice cubes in a blender;
process until well-blended, icy and thick.

No blender??? Place ice cubes in a tall glass (20 oz); pour milk and coffee over ice and stir until well-blended.

Nutrition Information, per serving (about 16 oz.): 160 calories, 4g total fat, 1.5g saturated fat, 10mg cholesterol, 150mg sodium, 26g carbohydrate, 8g protein. **Excellent source** of calcium (30% of the Daily Value).

Compare to a 16 oz. "Mocha Frappuccino" (**480** calories) at Starbucks or a Caribou Coffee "Chocolate Cooler" (**410** calories).

Nutrition note: Coffee is a complex mix of many compounds including caffeine, antioxidants and minerals to name a few. Recently, some large research studies indicate that drinking coffee may reduce the risk of developing type 2 diabetes, Parkinson's disease, colon cancer, & gallstones. Coffee may also stop a headache and enhance athletic performance. It appears that some of the benefits are from the caffeine in coffee (about 85mg per 8 oz. cup) while other benefits are most likely from antioxidants (found in decaf as well as caffeinated brews). However, coffee isn't for everyone - before you indulge freely, know your tolerance for caffeine. Too much can cause sleep disturbance, nervousness, hand trembling, rapid heart beat and an increase in blood pressure. A "moderate" intake is <300mg per day (about the amount in 3 cups of regular coffee).

Question or comments??? Contact SHS Nutritionist Rebecca Gruenes, MS, RD at (507)389-5689 or at rebecca.gruenes@mnsu.edu