



Hazelnut Café-au-Lait

Servings: 3

Prep and Cooking Time: 5 minutes

Ingredients:

- 3 cups 1% low-fat milk
- 2 cups brewed coffee
- 3 tablespoons hazelnut-cocoa spread* (found near peanut butter)
- Dash ground cinnamon
- 3 tablespoons whipped cream

*When testing this recipe, we used Nutella®.

Tip: To save time, use a can of pressurized whipped cream to top the drink.

Preparation:

Microwave milk, coffee and hazelnut spread in a large, heat-proof glass bowl on high for 2 minutes or until mixture is hot, not boiling. Whip with a hand mixer or whisk until frothy. Pour into 3 serving cups. Top with whipped cream and dust with cinnamon.

Nutritional Facts:

Nutritional Facts Per Serving:

Calories:	210
Total Fat:	9g
Saturated Fat:	7g
Cholesterol:	15mg
Sodium:	120mg
Carbohydrates:	24g
Dietary Fiber:	1g
Protein:	9g (8g from dairy)
Calcium	30% Daily Value

Cost/recipe:

\$1.68

Cost/serving:

\$.56

**BANK
ON THE
BASICS**

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