

Cappuccino

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Ingredients:

- 1 1/4 c. hot coffee of choice
- 1/4 c. skim milk
- Sweetened cocoa powder
- Cinnamon

Directions:

Place skim milk in glass jar and tightly apply lid. Shake until froth forms. Pour coffee in large mug and top with frothy milk. Sprinkle with cocoa powder and cinnamon.

The recipe makes 1 serving with 27 calories, no fat and 75 milligrams of calcium.

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