Hot Mocha

INGREDIENTS...

- 1/2 cup strong coffee
- 1/2 cup soy milk
- 1-1/2 tsp cocoa powder
- 2 tsp sugar
- Pinch of cinnamon (optional)

Whisk all ingredients together in a small saucepan. Heat thoroughly. Pour into a mug to drink. (You may also whisk the ingredients together in a mug and heat them in the microwave, or heat all the ingredients except the coffee together and then add freshly brewed hot coffee.)

Makes 1 cups.

Per cup:
- Calories: 103
- Protein: 6 g
- Total fat: 2 g
- Saturated fat: 0.3 g
- Carbohydrate: 17 g
- Cholesterol: 0 mg
- Sodium: 57 mg
- Dietary Fiber: 0 g

Health Tip...
Fortified soymilks & soy dairy alternatives are low in saturated fat and are a good source of enriched calcium, vitamins A & D, B vitamins, potassium & iron.

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