

EASY | RECIPE

Cappuccino Cooler

2 tbsp **decaffeinated coffee granules**

$\frac{2}{3}$ cup **boiling water**

1 quart **nonfat vanilla frozen yogurt**

Ground **cinnamon**

1. Dissolve coffee in boiling water; cool.
2. Place yogurt in a blender and slowly mix in coffee; whip until very creamy.
3. Spoon into 4 coffee mugs and sprinkle with cinnamon.
4. Freeze completely, then soften 10-15 minutes before serving.



Makes 4 (1-cup) servings. Per serving:

180 calories | 6g protein | 0g fat | 38g carbohydrate | 0g fiber | 90mg sodium

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