3-A-Day of Dairy (DMI-365)

ICED COFFEE WITH MILK

Recipe created by 3-A-Day™ of Dairy

Makes 2 servings
Prep time: 5 minutes (plus overnight freezing for the milk ice cubes)

Ingredients:

2 cups low-fat milk*
2 cups freshly brewed coffee, cooled
sugar substitute, to taste

Stir together 1 cup of milk and 1 cup of coffee. Pour into an ice cube tray and freeze overnight until frozen solid.

Pour remaining milk and coffee into 2 tall glasses.

Sweeten to taste with sugar substitute and add half of the prepared milk ice cubes** to each glass.

*Or, substitute with low-fat chocolate milk to create an iced mocha coffee.

**Size and amount of ice cubes may vary depending on ice cube tray.

Nutrition Facts per serving for individual food

Calories	100
Total Fat	2.5 g
Saturated Fat	1.5 g
Cholesterol	10 mg
Sodium	130 mg
Calcium	30% Daily Value
Protein	8 g (8 grams from dairy)
Carbohydrate	12 g
Dietary Fiber	0 g