

CHOCOLATE CAPPUCINO

THIS IS REALLY YUMMY!! TRY IT.

It's great when you want something Hot.

Also good cold.

You may make this with the 420 or 330 chocolate or 420 cappuccino.

With the 420 Food For Life use 2 scoops per serving.

With the 330 Original Dutch Chocolate, use 1 scoop or ½ chocolate & ½ scoop vanilla per serving.

Heat one large mug of water in the micro until hot.

(8 to 10 ounces of water) 1 ½ cups

Pour in your blender.

Add the following:

1 scoop chocolate Cambridge 420

1 scoop vanilla Cambridge (or 2 scoops chocolate) 420

For 330 use only 1 scoop Cambridge.

1 teaspoon instant Tasters Choice French Vanilla decaffeinated coffee, or one cup hot brewed coffee. If you don't like coffee, just leave it out.

1/4 teaspoon vanilla extract

1/8 teaspoon of almond extract

dash of cinnamon

2 teaspoons Carnation Non Fat Coffee-Mate. It has 10 calories per teaspoon.

(If you are not adding any food, Do Not add the Coffee-Mate Creamer or sugar).

1 package of equal - if you don't have equal, use 1 level teaspoon sugar-15 calories.

Add the equal after you pour it in your cup so it keeps its sweetness.

****Blend in Blender **(open top of blender a little when blending)**place a paper towel over top.**

You may make ½ serving and drink two cups. Or use ½ serving for a snack.

You may make this at work if you have hot water or coffee available.

Use a large mug. Put the Cambridge powder and all other ingredients, except the Equal, in the mug. Add hot water or coffee slowly and mix with a whisk, fork or spoon. Now add the Equal and enjoy!