

LYONS
THICK
& EASY®

Peppermint Mocha





Peppermint Mocha

IDDSI LEVELS **2** OR **3**



NUTRITION

Serving Size: ~ 8 fl. oz
Calories: 140
Total Fat: 3 g
Saturated Fat: 2 g
Trans Fat: 0 g
Cholesterol: 10 mg
Sodium: 190 mg
Total Carbs: 25 g
Dietary Fiber: 1 g
Total Sugars: 16 g
Added Sugars: 8 g
Protein: 5 g
Vitamin D: 6% DV
Calcium: 10% DV
Iron: 2% DV
Potassium: 4% DV

INGREDIENTS

	1 Serving	6 Servings	12 Servings
Sugar	2 tsp	1/4 cup	1/2 cup
Cocoa powder	2 tsp	1/4 cup	1/2 cup
THICK & EASY® Thickened Decaffeinated Coffee Sticks Nectar (Level 2) item: 81331	1 stick pack	6 stick packs	12 stick packs
Hot Water	6 fl oz (3/4 cup)	4 1/2 cups	2 quarts + 1 cup
THICK & EASY® Dairy Drinks , Vanilla or Chocolate, Nectar (Level 2) item: 24739 (Vanilla) or 72447 (Chocolate)	1/2 cup	3 cups	1 1/2 quart
Peppermint extract	1-2 drops ~1/8 tsp	3/4 tsp	1 1/2 tsp
Whipped topping and red sugar for garnish	As desired	As desired	As desired

DIRECTIONS

1. Pour contents of **THICK & EASY® Thickened Decaffeinated Coffee Stick** into bottom of mug.
2. Measure 2 tsp of sugar and 2 tsp cocoa powder (per serving) and add to coffee powder in mug.
3. Add 3/4 cup hot water and stir briskly until powder is completely dissolved and beverage starts to thicken.
4. Heat **THICK & EASY® Dairy Drink** until warm (do not boil).
5. Add 1/2 cup heated **Thickened Dairy Drink** to thickened coffee and stir well.
6. Stir in peppermint extract.
7. Garnish each serving with whipped topping and a sprinkle of red colored sugar, if desired.

RECIPE NOTES

- Milk thickened to appropriate consistency with thickener can be used in place of **THICK & EASY® Thickened Dairy Drink**.
- Honey (Level 3) consistency of **THICK & EASY® Thickened Decaffeinated Coffee Sticks** and **THICK & EASY® Dairy Drink** can be used in place of Nectar (Level 2).