



Grande, Non-Fat, Extra Hot, Sugar-Free Peppermint Mocha Latte

Ingredients

8 ounces skim (non-fat) milk
2 shots of espresso (or more)
1/8 tsp peppermint extract
3 heaping tsp Carnation
Light Hot Chocolate
1 tsp crushed candy cane

Directions

Using your espresso machine or frothing machine, heat and froth the milk until it reaches the desired temperature. Heating the milk on the stove or the microwave also works but you might have to top with a smidge of whipped cream.

Pull two shots (or more) of espresso and add to the steamed milk.

Add the peppermint extract and powdered Hot Chocolate mix.

Stir and garnish with crushed candy cane.

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