

# Coffee Cooler

From the U.S. Department of Agriculture

<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/coffee-cooler>

## Ingredients

- ½ cup 1% milk
- ½ cup low-fat vanilla frozen yogurt
- ½ cup or 4oz of coffee, cooled to room temperature
- 3 ice cubes
- 1 ½ teaspoons of sugar.

## Instructions

1. In a blender, combine all ingredients, puree until smooth.
2. Pour into a chilled glass and sprinkle with cinnamon, cocoa or nutmeg if you like.

**Makes 1 serving**

## Nutrition information per serving

Calories: 181	Dietary Fiber: 0g
Total Fat: 3g	Sodium: 119mg
Saturated Fat: 2g	Protein: 9g
Cholesterol: 11mg	Carbohydrates: 31g