

## **Chocolate Framboise Steamer**

From the National Dairy Council

<http://www.nationaldairyCouncil.org/Recipes/Pages/Chocolate-Framboise-Steamer.aspx>

### **Ingredients**

- 1 Tbs. sugar-free chocolate syrup
- 1 ½ Tbs. sugar-free raspberry syrup
- 1 cup low-fat milk

### **Instructions**

1. Pour syrup into 20-oz chilled stainless steel pitcher. Add cold milk.
2. If using stove-top, heat syrup and milk in saucepan over medium-low heat; do not boil. If using microwave, heat milk and syrup in large, shallow bowl for 2-3 minutes. Whisk rapidly until milk is airy and frothed. Serve in a mug.

*Makes 1 serving*

### **Nutrition information per serving:**

Calories	110
Carbohydrates	12 g
Protein	8 g
Total Fat	2.5 g
Saturated Fat	1.5 g
Sodium	130 mg
Calcium	30% Daily Value

