

Spiced Mexican Coffee

Pure Via Sweetener

Servings: 6

4 cups water
6 cinnamon sticks
2 vanilla beans, split
1 tablespoon honey
1/3 cup Viennese or Italian roast coffee, finely ground
6 packets Pure Via sweetener
3/4 cup 1% low fat milk, steamed

In a three-quart saucepan, combine the water, cinnamon sticks, vanilla beans and honey. Heat on medium heat to boiling, stirring frequently. Stir in the coffee and Pure Via sweetener.

Remove from the heat. Let steep for 5 minutes.

Strain the coffee into six small mugs. Discard the cinnamon and vanilla.

Top evenly with steamed milk and serve.

Vanilla beans can be split open lengthwise with a small knife. This adds more flavor to the coffee. The tiny vanilla seeds can be used on top of the steamed milk. If vanilla beans are not available, use vanilla extract to taste.

Per Serving (excluding unknown items): 46 Calories; trace Fat (6.3% calories from fat); 1g Protein; 14g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fat; 0 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	46	Vitamin B6 (mg):	trace
% Calories from Fat:	6.3%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	90.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	4mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	14g	Food Exchanges	
Dietary Fiber (g):	7g	Grain (Starch):	1/2
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	8mg	Vegetable:	0

Potassium (mg): 70mg
Calcium (mg): 170mg
Iron (mg): 5mg
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 35IU
Vitamin A (r.e.): 3 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 46 Calories from Fat: 3

% Daily Values*

Total Fat	trace	1%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	8mg	0%
Total Carbohydrates	14g	5%
	Dietary Fiber 7g	30%
Protein	1g	
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Vitamin A		1%
Vitamin C		6%
Calcium		17%
Iron		29%

* Percent Daily Values are based on a 2000 calorie diet.