

# APRIL IS NATIONAL SOYFOODS MONTH

## Hot Mocha

Recipes provided by...

# Soybeans

Nebraska Soybean Board



### Health Tip...

*Fortified soymilks & soy dairy alternatives are low in saturated fat and are a good source of enriched calcium, vitamins A & D, B vitamins, potassium & iron.*

[nebraskasoybeans.org](http://nebraskasoybeans.org)

### INGREDIENTS...

- 1/2 cup strong coffee
- 1/2 cup soy milk
- 1-1/2 tsp cocoa powder
- 2 tsp sugar
- Pinch of cinnamon (optional)

Whisk all ingredients together in a small saucepan. Heat thoroughly. Pour into a mug to drink. (You may also whisk the ingredients together in a mug and heat them in the microwave, or heat all the ingredients except the coffee together and then add freshly brewed hot coffee.)

**Makes 1 cups.**

#### Per cup:

Calories: .....	103
Protein: .....	6 g
Total fat:.....	2 g
Saturated fat:.....	0.3 g
Carbohydrate:.....	17 g
Cholesterol:.....	0 mg
Sodium:.....	57 mg
Dietary Fiber: .....	0 g

Eat well. Eat soy.



**Bean Team  
Demonstration**

*Happy Easter!*

No Bean Team  
Demonstration Today

*For more enjoyable soy recipes call 800-852-BEAN*