

# Mocha Latte

## (Nutrition Supplement)

Are you having a hard time eating enough food? Using a nutrition supplement drink may help provide you with extra calories and protein to help you meet your nutrient needs.



### Ingredients:

2 tsp	Instant coffee	10 mL
1 Tbsp	Water, boiling	15 mL
1 bottle (1 cup)	Chocolate nutrition supplement drink	235–250 mL

### Directions:

1. Place the instant coffee and boiling water in a mug or small pot and mix to dissolve.
2. Add the nutrition supplement drink and heat until warm.
3. Enjoy warm. Throw out any remaining latte after 2 hours.

**Makes 1 serving (1 cup/ 250 mL/ 266 g)**

<b>Nutrition Facts</b>	
Amount per serving (1 cup/ 250 mL/ 266 g)	
Amount	% Daily Value
<b>Calories</b> 250	
<b>Fat</b> 6 g	<b>9 %</b>
Saturated 0.5 g	<b>0 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 5 mg	
<b>Sodium</b> 200 mg	<b>8 %</b>
<b>Carbohydrate</b> 41 g	<b>14 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 18 g	
<b>Protein</b> 9 g	
Vitamin A	38 %
Vitamin C	50 %
Calcium	27 %
Iron	32 %

Nutrition information may vary depending on the type of nutrition supplement drink used.