

Customize Your Lunch Plate:
A Virtual Dining Experience with Libby Mills

Presented by COPE
Menu for March 2, 2021

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Coffee with Frothed Milk

Makes 1 cup of coffee
Prep time: 4 minutes
Cook time: 4 minutes
Total time: 6 minutes

Ingredients	Equipment and Tools
1 cup hot coffee ¼ cup skim milk Optional Vanilla Cocoa powder Cinnamon	Small saucepan Food thermometer Teaspoon Cup measure: ¼ cup Small sieve (optional) Magic Method Small, graduated container (jar) Handheld electric whisk or a frothing wand One-touch Method Blender Muscle Building Method Small jar with sealing lid Or Small bowl Whisk

Preparation steps:

- In a small saucepan warm the milk to 140-155° Fahrenheit over medium heat. Stir regularly. Be careful not to scorch it.
- Pour the warmed milk into the contain in which you will be frothing: the jar, blender, or bowl.

Magic Method

- Wrap the jar with a dish towel so that you can comfortably hold it and pour in the warm milk. Submerge the handheld whisk and whisk until frothy.

One-touch Method

- Pour the warmed milk onto the blender. Put the lid on the blender. If your lid is not vented, place a dish cloth over the lid and crack it slightly while blending the milk on medium speed.

Muscle Building Method

- If using the small jar with sealing lid, wrap the jar with a dish towel so that you can comfortably hold it, and pour in the warm milk. Shake it vigorously. Before adding to the coffee, tap the bottom of the jar on the countertop to break any large bubbles.
- If using a small bowl and whisk, pour in the warm milk into the bowl. Whisk in a back and forth motion.

Pour a hot cup of coffee leaving a ½- inch at the top for the frothed milk. Spoon the frothed milk over the coffee.

Optional:

- If adding vanilla, add a drop or two into the coffee just before spooning on the frothed milk.
- If adding cocoa, scoop a teaspoon of cocoa into a small sieve. Hold the sieve over the cup of coffee topped with the frothed milk. Tap the side of the sieve gently to dust the foam with the cocoa. Extra cocoa can be returned to the container.
- Sprinkle cinnamon over the top of the foamed milk and coffee, if desired.

Nutrition analysis per coffee:

20 calories; 2 g protein; 3 g carbohydrates; 0 g fiber; 0 g added sugar; 0 g total fat; 0 g saturated fat; 0 g monounsaturated fat; 0 g polyunsaturated fat; 0 mg cholesterol; 25 mg sodium