

Summer drinks Recipes

Week 3: Kahlucainno

Fluid Fact #3: Caffeine and Dehydration

- Researchers concluded it is **better** to drink caffeinated drinks than no fluids at all.
- Caffeine increases the amount of urine production and increases the loss of electrolytes through sweat. Too much caffeine is de-hydrating.

*Did you know an 8 oz serving of McDonald's Iced Coffee contains **more calories** than an 8 oz serving of Coca-Cola (132 calories and 90 calories respectively), **more sodium** (40 mg and 31 mg respectively), and **almost the same amount of sugar** (21.2 g and 25 g respectively).*

Kahlucainno



- ¾ cup nonfat milk
- ¾ cup strong coffee
- ½ cup Kahlua, or Frangelico
- 3 cups ice
- 4 tsp sugar
- Shaved chocolate, for garnish

Directions

1. Combine milk and coffee in a blender. Add Kahlua (or Frangelico), ice and sugar. Puree until frothy.
2. Divide among 4 glasses and garnish with shaved chocolate. Non-alcoholic variation: Omit the alcohol and add 1/4 teaspoon almond extract.

Nutritional Information (per serving)

Calories	138	Potassium	100 mg
Protein	2 g	Cholesterol	1 mg
Carbohydrate	20 g	Sodium	27 mg
Total Fat	0 g	Fiber	0 g
Saturated Fat	0 g	Makes 4 servings	

Resources: <http://www.eatingwell.com/>, <http://thetriton.com/>, <http://www.calorieking.com>