



Keto Flat White

10
minutes
or less

GF
option

INGREDIENTS

½ cup Hy-Vee single-serve
intense dark roast
espresso, hot brewed
¼ cup Hy-Vee heavy
whipping cream
¼ cup water

PREPARATION

- 1 Pour espresso into 1 (12-oz.) coffee cup or mug.
- 2 Microwave heavy whipping cream and water in a 1-cup microwave-safe glass measuring cup on HIGH for 30 to 40 seconds or until very hot. Do not boil.
- 3 Beat hot cream mixture with a milk frother until foamy. Gently pour over hot espresso in cup.

NUTRITION FACTS

Calories: 200
Total Fat: 6g
Saturated Fat: 4g
Trans Fat: 0g
Cholesterol: 18mg

Sodium: 118mg
Carbohydrates: 37g
Fiber: 0g
Sugar: 32g
Protein: 5g