

## Try Some Cold-Weather Belly Warmers

It has been so very cold. Nothing tastes better than a warm drink on a cold day.

Beat the winter chill with one of these toasty treats:

- Simmer cranberry-apple juice with cinnamon, cloves, allspice and an orange peel for about 20 minutes. Strain, stir in fat-free milk powder and vanilla extract. Heat all the way through.
- Prepare hot cocoa with milk and add peppermint or vanilla flavor for an added richness
- Add anise seeds, ground cinnamon and ground cloves to ground coffee. Prepare coffee; add warmed low fat milk to lighten.
- Scoop praline of chocolate-swirled low fat frozen yogurt into a mug. Pour hot cocoa or coffee over the top. Stir with a cinnamon stick.

Mix up your own recipes using healthy ingredients that pack a flavorful punch.