Espresso Yo’self

With specialty coffees taking the world by storm, the average “cup of joe” just does not cut it anymore. However, one thing you may not realize when ordering your favorite Frappuccino or latte is that it may be loaded with saturated fat and added sugar. Luckily, whether you are at home, on campus, or at your local coffee shop, there are still ways to make a tasty drink while limiting those hidden extras. Keep reading to find out how to give your favorite boujee drink a brew-tiful makeover!

Come to the Dark Side

Black coffee can deliver your caffeine fix without any sneaky extras. An average 12 oz. mug of black coffee contains only four calories and about 142 mg of caffeine.

Ice Ice Baby

Cold brew addict? Create your own iced coffee by filling a tall glass with ice and pouring black brewed coffee over it. For a fun flavor boost, add a sprinkle of cinnamon on top.

Pro Tip: Caffeine is great for a quick boost of energy, but for long-lasting fuel throughout the day make sure you are pairing your coffee with a balanced meal.

Livin’ La Vida Mocha

If you crave a creamy coffee, try swapping the creamer for reduced-fat or non-dairy milk.

Tip: Make your own plant-based café mocha by adding chocolate soy milk to your coffee.

Maybe she’s born with it, maybe it’s caffeine!

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