

Beverage Mixes in a Jar



Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist, NDSU Extension Service
 In cooperation with Alice Henneman, M.S., R.D., Extension Educator, University of Nebraska-Lincoln

With beverage prices rising at your favorite coffee shops, wouldn't you like an inexpensive and tasty beverage you can make in your own home?

Enjoy the following beverages at home or give as gifts to friends and family for birthdays, holidays or other special occasions. Consider these beverage mixes a fun and easy way to make delicious drinks without breaking your budget.

- Store mixes in airtight wide-mouth containers for best quality and easy use. Possible containers include see-through canisters and canning jars. Decorate canisters with a pretty bow, or cover canning jars with a cloth tied by a bow.
- To cover canning jars, you need about ¼ yard (9 inches) of fabric. Cut a circle, preferably with pinking shears, so it hangs down about 2 inches from the jar top. Place the fabric under the band or over the band. Tie with a ribbon, holding the fabric in place with a rubber band if needed.
- Photocopy and cut out the provided recipes or hand-print each recipe on a card and attach it to the jar.

Key to Abbreviations

tsp. = teaspoon
 Tbsp. = tablespoon
 c. = cup
 g = grams
 mg = milligrams



For more mix recipes, see "Mix It Up to Expand Your Gift-giving Dollar With Food Mixes in a Jar" at www.ag.ndsu.edu/pubs/yf/foods/fn1494.pdf.

Double Chocolate Peppermint Candy Hot Cocoa Mix

Enjoy this delightful mix after a hectic day of hitting the after-holiday sales. It also makes a hearty treat after a chilly afternoon of sledding, ice skating or building snow creatures!

- 1 c. instant skim milk powder
- 1 c. unsweetened cocoa powder
- 1 c. white sugar
- ½ tsp. salt
- ½ c. crushed peppermint candy
- ½ c. mini semisweet chocolate chips

Directions:

1. Add the skim milk powder, cocoa powder, sugar and salt to a food processor. Pulse until thoroughly mixed.
2. Transfer the mix to a large bowl. Add the crushed peppermint candy and mini semisweet chocolate chips. Stir until distributed throughout the mixture.
3. Store mixture in an airtight, quart-sized container. Decorate container as desired.

Makes 12 servings. Per serving: 160 calories, 3.5 g fat, 4 g protein, 30 g carbohydrate, 2 g fiber and 130 mg sodium

Spiced Tea Mix

This sweet, spicy cup of tea will put you in a holiday mood!

- 1½ c. orange breakfast drink (such as Tang)
- ¾ c. iced tea mix (unsweetened)
- 1½ c. white sugar
- 3 tsp. ground cinnamon
- 2 tsp. ground cloves

Directions:

1. Mix contents in a large bowl.
2. Store mixture in an airtight, quart-size container. Decorate container as desired.

Makes 64 servings. Per 3-teaspoon serving: 60 calories, 0 g fat, 0 g protein, 10 g carbohydrate, 0 g fiber and 0 mg sodium

French Vanilla Coffee Mix

Need a pick-me-up? A cup of French Vanilla Coffee will bring renewed energy.

- ⅓ c. instant coffee
- 1 c. instant skim milk powder
- ½ c. powdered nondairy coffee creamer
- ⅓ c. white sugar
- ¼ c. French vanilla instant pudding mix

Directions:

1. Add the ingredients to a food processor. Pulse until thoroughly mixed and you have a smooth powder.
2. Store mixture in an airtight, pint-size container. Decorate container as desired.

Makes 16 servings. Per serving: 50 calories, 1 g fat, 2 g protein, 10 g carbohydrate, 0 g fiber and 65 mg sodium

Mint Candy Coffee Mix

Chocolate, mints and coffee – perfect! And all you have to do is add boiling water for a delicious hot beverage.

- ⅓ c. instant coffee
- 1 c. instant skim milk powder
- ½ c. powdered nondairy coffee creamer
- ½ c. white sugar
- ¼ c. unsweetened cocoa powder
- ¼ c. instant chocolate pudding mix
- 6 to 8 red and white striped candy mints, crushed

Directions:

1. Add the ingredients to a food processor. Pulse until thoroughly mixed and you have a smooth powder.
2. Store mixture in an airtight, quart-sized container. Decorate container as desired.

Makes nine servings. Per serving: 110 calories, 1.5 g fat, 3 g protein, 23 g carbohydrate, 1 g fiber and 120 mg sodium

▼ Tags to copy, cut out and attach



Double Chocolate Peppermint Candy Hot Cocoa Mix

Directions:
For each serving, place 1/3 cup cocoa mix in a mug and stir in 1 cup boiling water.



Spiced Tea Mix

Directions:
For each serving, place 1 cup boiling water in a mug and stir in 1 to 3 teaspoons of mix (to taste).



French Vanilla Coffee Mix

Directions:
For each serving, place ¾ cup of boiling water in a mug and stir in 2 heaping teaspoons of mix.



Mint Candy Coffee Mix

Directions:
For each serving, place ¾ cup boiling water in a mug and stir in 3 tablespoons of mix.

