



# La La La Latté!

By Katie Beck  
and Kelly Jameson

Many of us can hardly function in the morning without a heavy dose of caffeine to jump start our day. If you need a shot of espresso just to open each eye-lid, you probably have a caffeine tolerance that can handle even the strongest cup of joe. For the steady-starters who still seek aid when facing the day but can't always handle the swift kick of espresso, there is the café latte.

A latte is espresso that has been infused with a liberal amount of steamed milk. Choices at coffee houses have made it possible to decide on any type of milk from whole to soy. The addition of the milk takes the edge off the caffeine content and makes for a creamier drink. Cutting your espresso with milk makes it a better source of calcium and other vitamins, and choosing soymilk makes for an even more nutritional morning ritual. Soymilk is an iron-rich non-dairy product created by pressing cooked soybeans.

It is cholesterol free, low in fat and sodium and higher in protein than cow's milk.

If you can't make it to the coffee shop every time you need a pick-me-up, here is a faux latte recipe that will yield the same results.

Start by making espresso, which can be made in your coffee maker, with 1 cup of dark-roasted beans, a filter and 2 cups of water. Grind the beans to a medium-fine grind and place in a filter in the coffee maker. Pour the water into the chamber and brew. The "espresso" can be re-poured through the coffee grinds for stronger flavor. Next, heat 1 cup of milk in a saucepan and pour into the espresso. Additional flavorings, such as vanilla or almond extract, chocolate or cinnamon can make this drink a sweeter treat, if desired.

## Coffee Milk Shake

This cold, non-alcoholic drink doesn't require a blender. You can use any closed container or shaker to get the same cool, frothy results!



7 fl. oz. strong brewed coffee  
( $\frac{3}{4}$  cups coffee per 4 cups of water)  
2 eggs, well beaten  
2 cups cold milk  
1 tbsp sugar  
pinch of salt  
4 drops of vanilla or almond extract  
ginger biscuits, crumbled, for garnish

Combine all ingredients in a shaker (or blender) until well blended. Serve at once, sprinkled with a biscuit.



### DID YOU KNOW?

- Germany is the world's second largest consumer of coffee in terms of volume at 16 pounds per person.
- With the exception of Hawaii and Puerto Rico, no coffee is grown in the United States or its territories.
- 3,300 cups of coffee are consumed every second worldwide.
- You can't rely on it as a diet aid, but caffeine does speed up your metabolism a bit.
- Besides the caffeine and methyl in your coffee, you should also worry about ingesting chlorine from bleached paper filters. To avoid this, use brown unbleached filters, a French press or invest in one of those reusable gold-plated mesh baskets.
- Everyone knows it and science backs it up: Joe will cause you to have a closer relationship with the John. Caffeine is both a diuretic and a laxative.

*J. Eric*  
Chocolates

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