



NUTRITION CONSULTING INC.

## Milky Hot Chocolate

*Milk is an excellent source of calcium, vitamin D and protein. Try this homemade version of hot cocoa that contains less preservatives than bought mixes.*

**Makes 4 servings**

### What you need:

- 4 Cups Skim Milk
- 1/2 Cup white or brown sugar
- 1/4 Cup unsweetened cocoa powder
- 1/2 tsp vanilla extract
- 1/4 tsp ground cinnamon (optional)
- 1/2 Cup hot water

### How you prepare:

1. Mix sugar and cocoa powder together in a bowl
2. Add hot water and stir until smooth
3. Stir in cinnamon and vanilla extract
4. Heat milk in microwave, or *carefully* in sauce pan (do not boil as milk scalds easily)
5. Combine milk and chocolate mixture together, and pour into 4 mugs



### Per serving:

- Calories: 200
- Carbohydrates: 42g
- Protein: 9g
- Fat: 1g
- Fibre: 1.5g

It's your **health.**



**Take a stand.**

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