



NUTRITION CONSULTING INC.

## Handmade Hot Cocoa (6 Variations)

### Makes 1 serving

*Calling all chocoholics! Why choose commercial hot chocolate powders full of preservatives when you could make a better tasting and better-for-you recipe like this?*

### What you need:

2 tbsp unsweetened cocoa powder  
1 tbsp sugar (or substitute a smaller amount of honey)  
1 cup milk (skim, 1% or 2% milk; alternatively soy milk, almond milk or rice milk)

### How you prepare:

Whisk together the cocoa powder, sugar and a few tablespoons of the milk until it is dissolved (note this step is important before adding the rest of the milk to prevent lumps). Add the rest of the milk and heat.

### 5 other additions for adventuresome palates:

- **Vanilla velvet**  
Add 1/4 tsp pure vanilla extract
- **Spiced-up**  
Add a pinch of cinnamon, a cinnamon stick or alternatively gingerbread spice
- **Hot stuff**  
Add a pinch of allspice, nutmeg and ground ancho chilies
- **Salty-sweet**  
Add a pinch of flaky sea salt
- **Go nuts**  
Add a tablespoon of peanut butter or almond butter and use a hand-held emersion blender or mini milk frother to blend.



### Per serving (original recipe made with 1% milk)

Calories 175  
Carbohydrates 31 g  
Protein 10 g  
Fat 3.8 g  
Dietary Fiber 3.6 g

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**Take a stand.**

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