

Homemade Hot Cocoa

Ingredients

1/3 cup unsweetened cocoa powder
Heaping 1/3 cup granulated sugar
Pinch salt
1/3 cup boiling water
3 1/2 cup 1% milk
3/4 tsp vanilla extract
1/2 cup reduced fat half & half
Light whipped cream (optional)



Preparation

Combine the cocoa, sugar and pinch of salt in a saucepan. Blend in the boiling water. Bring this mixture to an easy boil while you stir. Simmer and stir for about 2 minutes. Watch that it doesn't scorch. Stir in 3 1/2 cups of milk and heat until very hot, but do not boil! Remove from heat and add vanilla. Divide between 4 mugs. Add the cream to the mugs of cocoa to cool it to drinking temperature. Add favorite toppings if desired.

Yield: 4 servings

Per Serving: 200 Calories | 4.5g Fat | 35g Carbohydrates | 10g Protein