

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**Homemade Hot Chocolate**

**Makes 1 servings**

**This is my grandmother's recipe. Yum-yum!**

**Ingredients:**

**2 tablespoons unsweetened cocoa powder**

**1 to 2 tablespoons sugar (depending on how sweet you like it)**

**1 cup low-fat or skim milk – or soy milk, almond milk**

**¼ teaspoon vanilla extract**

**Directions:**

**On the Stove:** Whisk together ingredients in a small sauce pan. Heat until cocoa is hot and sugar has dissolved. Serve.

**In the Microwave:** Whisk together ingredients in a medium-size microwavable bowl. Heat on HIGH heat for 1 minute. Remove and whisk again. Heat 1 more minute. Serve.

**Nutritional Information per serving with low-fat milk:**

Calories: 132      Carbohydrates: 21g

Total Fat: 2g      Cholesterol: 12mg

Saturated Fat: 1.5g      Dietary Fiber: 0g

Sodium: 107mg      Protein: 8g