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.


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