



Creative Juices  
Consulting

# Healthier Hot Chocolate

## Avoid Box hot chocolate... boxed chocolate ingredients:

- SUGAR, CORN SYRUP SOLIDS, VEGETABLE OIL (PARTIALLY HYDROGENATED COCONUT OR PALM KERNEL AND HYDROGENATED SOYBEAN), DAIRY PRODUCT SOLIDS, COCOA PROCESSED WITH ALKALI, AND LESS THAN 2% OF CELLULOSE GUM, NONFAT MILK, SALT, SODIUM CASEINATE, SODIUM CITRATE, DIPOTASSIUM PHOSPHATE, SODIUM ALUMINOSILICATE, MONO- AND DIGLYCERIDES, GUAR GUM, ARTIFICIAL FLAVORS. (YUK)

## Healthier Hot Chocolate: Serves: 1

### INGREDIENTS

- 1 cup, plus 1-2 tablespoons milk of choice (soy, almond, coconut)
- 2 rounded teaspoons unsweetened cocoa powder
- 1 teaspoon sugar of choice (turbanado, raw, maple, stevia)
- ¼ teaspoon vanilla extract
- Pinch sea salt
- cinnamon, optional

### INSTRUCTIONS

1. Place milk in a small pot over medium low heat.
2. Meanwhile, place cocoa powder, salt, sugar, and extra tablespoon of milk in a small bowl. Whisk until a paste/thick mixture forms and powder is absorbed. Add additional tablespoon of milk, if needed.
3. Whisk cocoa mixture into milk mixture. Heat till hot but not boiling.
4. Pour into a mug and sprinkle with cinnamon

### NOTES

The directions above are for a stovetop preparation, but you can just as easily make this in the microwave.

Multiplies easily if you need more than a single serving.

For Added Flavor: *Top off your hot cocoa with:*

- Pinch cayenne pepper
- Pinch ground ginger
- Pinch ground cardamom
- 1/8 teaspoon ground espresso
- Pinch ground black pepper
- Small chunks of bittersweet chocolate