

Dark Hot Chocolate



Ingredients:

- 1 1/2 cups fat-free powdered milk
- 1/2 cup sugar-free vanilla powdered coffee creamer
- 3/4 cup unsweetened dark cocoa powder
- Cinnamon sticks or ground cinnamon to taste

Directions:

1. Combine all ingredients and store in an airtight container.

To prepare a serving:

1. Put 3 tablespoons of cocoa mixture in a mug.
2. Add 1 cup hot water to cocoa mixture and stir until mixed well.
3. Serve with a cinnamon stick, or add cinnamon to taste.

Makes 15 servings.



This message brought to you by
Tarrant County Public Health
<http://health.tarrantcounty.com>