

Hot Chocolate

Heart Health

Items Needed: blender, measuring cups, saucepot or teapot, mug

Serves: 2

Ingredients:

- 1 ½ cup water
- ¼ cup chocolate chips
- 2 tsp raw sugar
- ½ tsp vanilla
- ¼ cup vanilla milk (vanilla soy, almond or your preferred plant milk.)
- Finish with lowfat whipped topping or marshmallows, split half and half with coffee for a nice mocha that is lower in fat and calories.

Directions:

1. In a teapot or saucepot bring 1 ½ cups of water to a boil.
2. In a blender, add the sugar, chocolate chips and vanilla. Once the water is boiling add to the blender and allow to sit for approximately 30 seconds- 1 minute.
3. Puree for thirty second until a little frothy and well incorporated.
4. Pour into two glasses and finish with plant milk.
5. If you prefer, add coffee, finish with some marshmallows or whipped topping.

Nutrition Information (per 1/2 recipe):

Calories: 148 Fat: 9 g Carbs: 13.3 g Protein: 1.5 g Fiber: 1.9 g Sodium: 23.6 mg

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