

# Hot Cocoa

Take the chill off with this easy-to-make hot cocoa recipe!

Makes: 2 Servings  
 Prep Time: 5 minutes  
 Cook Time: 5 minutes

Source: Emma Hunter, M.S.

## Ingredients

- 2 cups fat free or low fat (1%) milk
- 2 teaspoons of cocoa powder
- 2 teaspoons of sugar

## Directions

1. Warm two cups of fat free or low fat (1%) milk in a small cooking pot.
2. Stir in 2 teaspoons of cocoa powder and 2 teaspoons of sugar.
3. Serve warm and enjoy!

## Utensils Needed

- Small cooking pot
- Measuring spoons
- Measuring cups
- Mixing spoon



**Small Changes,  
BIG Difference!**



### Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	110
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	5 mg
Sodium:	125 mg
Total Carbohydrates:	18 g
Dietary Fiber:	1 g
Total Sugars:	16 g
Added Sugars:	4 g
Protein	8 g

# SHOPPING LIST

Average total cost without oil and seasonings: \$4.71

Average cost/serving: \$2.36

Recipe makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Fat Free Skim Milk, 1/2 gallon



Add 1 to Cart  
Cocoa Powder, 8 oz.



Add 1 to Cart  
Sugar, 1 pound bag

## My Cooking Notes