

Hot Cocoa

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Serves 1 – easily doubled or tripled or more!

1 Point on all plans

- 1 Tbsp unsweetened cocoa powder
 - 1.5 Tbsp Monkfruit sweetener (or sweetener of your choice – Truvia, Splenda, etc – if using those, just use 1 packet)
 - 1 Tbsp fat free half and half or cashew/almond milk
 - 1/4 tsp vanilla extract OR for peppermint hot cocoa use peppermint extract
 - 1 cup unsweetened almond or cashew (my preference) milk – if using regular milk, recalculate points.
1. In a mug, combine cocoa, sweetener, vanilla and 1 Tbsp of half and half or milk. Stir until smooth and combined – it will be a thick paste.
 2. Heat remaining 1 cup of milk to desired temperature.
 3. Add to cocoa paste and mix/whisk well until combined. Top as desired, adapting the points as necessary.