

Legit Hot Chocolate

You Need

- ½ cup/125ml boiling water
- ½ cup/125ml hot milk (full cream)
- 1 tsp raw cocoa powder
- 1 sachet/3g Suki (sweetener) to taste



Calories/s

95

Prep time

<5 min

Servings (s)

Method:

- Add the cocoa powder and sweetener to a mug.
- Add boiling water and milk. Stir well.
- Enjoy! This recipe is great for cold nights.

Nutrition Facts

Serving Size	per meal
	Per serve
Energy	397 kJ 95 kcal
Protein	5.18g
Carbohydrates	10.18g
Sugar	5.21g
Fat	4.86g
Saturated Fat	3.186g
Trans Fat	0.120g
Polyunsaturated Fat	0.144g
Monounsaturated Fat	1.497g
Cholesterol	14mg
Fiber	2.0g
Sodium	50mg
Potassium	82mg

Cocoa is a superfood (i.e. are very nutrient dense, with amazing health benefits). Cocoa may reduce high blood pressure, blood sugar levels and improve cholesterol levels. Cocoa chemicals also improve blood flow to your brain and brain function. It may also improve mood and symptoms of depression.