

Eat
Well



STEAMY HOT CHOCOLATE MIX

Make a batch of this simple but sensational hot chocolate mix for the weeks ahead. Enjoy a steaming mug of chocolaty goodness as a treat after a day of winter activities.

Prep
Time

5
min

Cook
Time

0

Makes about 375 mL
(1 1/2 cup) of mix



- 250 mL (1 cup) instant skim milk or soy milk powder
- 75 mL (1/3 cup) granulated sugar
- 125 mL (1/2 cup) unsweetened cocoa powder

1. In a jar, stir together milk powder, sugar and cocoa powder until well combined. Store at room temperature for up to 2 months.

2. When ready to make a mug of hot chocolate, bring **175 mL (3/4 cup)** of skim milk or unsweetened fortified soy beverage to a boil and whisk in 45 mL (3 tbsp) of the hot chocolate mix until smooth and combined.

NUTRIENTS PER 175 mL
(3/4 cup) serving of
hot chocolate

% DV

Calories	137	-
Fat	1 g	2 %
Saturated + Trans	1 g	4 %
	0 g	-
Cholesterol	5 mg	-
Sodium	127 mg	5 %
Carbohydrate	25 g	8 %
Fibre	2 g	8 %
Sugars	22 g	-
Protein	10 g	-
Vitamin A	-	17 %
Vitamin C	-	1 %
Calcium	-	31 %
Iron	-	6 %



TIPS

- You can find instant skim milk powder and fortified soy milk powder at bulk and health food stores.
- Making hot chocolate with milk delivers great bone-building benefits, especially important for teens and tweens.
- It's easy to reduce the sweetness to suit your taste by using less sugar.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.



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