

Super Crew Kid Carlos' Holiday Hot Cocoa & Color Fun



- Carlos

"Warm up during this holiday season with a healthier version of hot chocolate. Pick your favorite mug, mix with a cinnamon stick, and enjoy!"

- Carlos

Ingredients:

- 2 cups of unsweetened milk of your choice
Choose 1-2% cow's milk, soy milk, or almond milk
- 2 Tbsp. 100% cocoa powder (not the hot chocolate packet)
- ½ tsp. vanilla
- 2 Tbsp. of maple syrup, sugar or honey
- *Optional yumminess:* whipped cream, cinnamon stick or peppermint stick for mixing

Instructions:

1. Warm the milk in a saucepan over medium-low heat.
2. Whisk in cocoa, vanilla, honey, maple syrup or sugar. Continue to mix until smooth and well combined.
3. *Optional:* blend in blender for a frothy texture.
4. Pour into your favorite mug, sip, and savor!



"Have some tasty fresh fruit like grapes with your hot cocoa."

- Penny



"Have some tasty winter pears with your hot cocoa."

- Jessie



"I like cocoa powder with cinnamon in my oatmeal too!"

- Kira

Benefits of Cocoa powder*

1. Contains antioxidants
2. Is good for your heart
3. Tastes great in beverages and meals