## 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!"

— Caxlog

## **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!



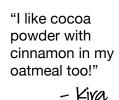
"Have some tasty fresh fruit like grapes with your hot cocoa."

- Penny



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

- Jessie



## **Benefits of Cocoa powder\***

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

