Super Crew Kid Carlos’ Holiday Hot Cocoa & Color Fun

“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!

Benefits of Cocoa powder*
1. Contains antioxidants
2. Is good for your heart
3. Tastes great in beverages and meals

“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

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