



Healthier Hot Chocolate

Baby, it's cold outside. On those cold winter nights, why not try this rich and chocolaty, healthy hot chocolate without the overly sweet taste of some packaged mixes.

Ingredients:

- 1 cup almond milk
- 2 teaspoons cocoa powder
- 1 Tablespoon maple syrup (or use liquid stevia)
- ¼ teaspoon vanilla extract
- pinch of sea salt

Directions:

1. Combine all the ingredients into a saucepan over high heat.
2. Keep stirring until smooth and piping hot! (Avoid boiling.)
3. Then pour into a mug and serve piping hot!

Yield: 1 serving

Prep Time: 5 minutes

Cook time: 5 minutes

Source: <http://detoxinista.com/2011/02/baby-its-cold-outside/>