

Choco Fever Dream

# Healthier Hot Chocolate Recipe

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|---|---|---|
| **10 min**<br>Prep time | **10 min**<br>Cook time | **20 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 2 cups low-fat milk
- [ ] 2 tsp honey or 1/4 tsp liquid stevia
- [ ] 1/2 tsp vanilla extract
- [ ] Pinch of sea salt

### Optional Garnish

- [ ] Cinnamon powder for dusting
- [ ] Whipped coconut cream

## Instructions

1. In a small bowl, whisk cocoa powder with 2 tbsp of the milk to form a smooth paste; this prevents lumps later.
2. In a saucepan, gently heat the remaining milk over medium-low heat until steaming, but not boiling.
3. Stir the cocoa paste into the warm milk, whisk continuously until fully incorporated and the mixture is glossy.
4. Add honey (or stevia), vanilla, and a pinch of sea salt; whisk and taste, adjusting sweetness if needed.
5. Optional: sprinkle a little cinnamon on top, or swirl in a dollop of whipped coconut cream for extra indulgence.

### Nutrition per serving

| 120 kcal | 6 g | 20 g | 3 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- Use a wooden spoon to stir; it helps prevent scorching.
- If the drink is too thick, add a splash more milk.
- For extra froth, pour the hot mixture through a fine mesh strainer into a mug.