

Choco Fever Dream

# Healthy Hot Chocolate – Warm, Guilt-Free Treat

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| **5 min**<br>Prep time | **10 min**<br>Cook time | **15 min**<br>Total time |
| **2**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 2 cups unsweetened almond milk
- [ ] 2 tbsp pure maple syrup
- [ ] 1/2 tsp ground cinnamon
- [ ] 1/2 tsp vanilla extract
- [ ] Zest of 1/2 orange
- [ ] Pinch of sea salt

## Instructions

1. In a small saucepan, whisk together cocoa powder and a splash of almond milk until smooth.
2. Add the remaining almond milk, maple syrup, cinnamon, vanilla, orange zest, and sea salt; stir gently.
3. Heat over medium-low, stirring constantly, until just steaming—do not let it boil.
4. Remove from heat, pour into mugs, and top with a light dusting of cocoa or a cinnamon stick.

### Nutrition per serving

| 150 kcal | 3 g | 30 g | 3 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- For extra warmth, pre-heat your mug with hot water before pouring the drink.
- Adjust maple syrup to taste; a little goes a long way.
- If you prefer a richer texture, substitute half of the almond milk with coconut cream.