TRY THIS AT HOME:
Yummmmm.... Hot Chocolate

**You will need:**
- 2 cups powdered sugar
- 1 cup baking cocoa
- 2 1/2 cups non-fat dry milk

**PREP TIME: 5 minutes**
- 1 teaspoon salt
- 1 cup of skim milk, 1% milk or water
- Help from an adult

**Hot chocolate mix for cold winter days!**

1. Pour all the dry ingredients into a mixing bowl and mix well.

2. Store the dry mix in an airtight container.

3. Fill your mug with 3 tablespoons of the dry mix.

4. Heat 1 cup of water or milk in the microwave for 1 minute and 20 seconds.

5. Pour heated water or milk over the dry ingredients and stir.

SERVING SIZE: 1 cup of cocoa (dry mix will make about 30 cups of cocoa)

**Fun Fact**
Milk is a great source of nutrients like proteins, carbohydrates, calcium, phosphorus, riboflavin and vitamins A and D. Nutritionists recommend eating or drinking 3 cups from the milk group everyday. Using milk to make hot chocolate will get you on your way to 3 cups from the milk group a day.