



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.