





In the future, a physician's visit could result in a prescription for chocolate! Recent studies show that flavonoids in cocoa may play a role in heart disease prevention. While heart healthy and delicious, you still need to monitor the calories and sugar content in chocolate. Limit your chocolate indulgence to a reasonable amount and look for options with healthy ingredients.

- Health Benefits of Chocolate**
- Lowers cholesterol
  - Prevents memory decline
  - Improves athletic performance
  - Increases endorphins

**Hot Chocolate**

Yields 2 servings

**INGREDIENTS**

- 4 tablespoons of unsweetened (non-alkali) cocoa powder
- 1 to 4 tablespoons of sugar (depending on how sweet you like it, start low and add)
- Pinch of salt
- 2 cups milk or half + half (or your favorite milk substitute)
- 1/4 - 1/2 teaspoon of vanilla extract
- Optional: Add a pinch of cinnamon and cayenne pepper
- Optional: Substitute Stevia for sugar

**METHOD**

Whisk together the cocoa, sugar, salt, and about 2 tablespoons of milk in a small saucepan over medium-low heat until cocoa and sugar are dissolved. Turn up the heat to medium and whisk in the rest of the milk. Keep whisking occasionally until heated through. Stir in the vanilla (and other spices) and serve.

**ALLERGENS**

Depending on choice of milk - soy, nut, dairy

**NUTRITION INFORMATION PER SERVING**

Calories: 270; Protein: 8.6g; Fat: 9.2g; Cholesterol: 34.1mg;  
Carbohydrate: 38.6g; Sodium: 274.9mg; Fiber: 0.6g



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