

HOMEMADE CACAO CHOCOLATE MILK

INGREDIENTS (1 SERVING):

- 1 CUP MILK (DAIRY OR PLANT-BASED: WHOLE, OAT, ALMOND, ETC.)
- 1 TO 1½ TABLESPOONS RAW CACAO POWDER
- 1 TO 2 TEASPOONS SWEETENER (SUGAR, HONEY, MAPLE SYRUP, OR AGAVE)
- A PINCH OF SALT (ENHANCES FLAVOR)
- ¼ TEASPOON VANILLA EXTRACT (OPTIONAL BUT DELICIOUS)

INSTRUCTIONS:

1. MAKE A SMOOTH CACAO PASTE:
2. IN A SMALL BOWL, MIX THE CACAO POWDER, SWEETENER, AND ABOUT 2 TABLESPOONS OF WARM MILK.
3. STIR UNTIL IT FORMS A SMOOTH, LUMP-FREE PASTE.
4. COMBINE:
5. ADD THE REST OF THE MILK TO A GLASS OR JAR. POUR IN THE CACAO PASTE AND VANILLA EXTRACT.
6. MIX WELL:
7. STIR THOROUGHLY OR SHAKE IN A SEALED JAR UNTIL SMOOTH AND FROTHY.
8. SERVE:
9. ENJOY COLD FOR A REFRESHING DRINK, OR WARM IT UP GENTLY ON THE STOVE FOR A COZY CACAO LATTE.

OPTIONAL FLAVOR BOOSTS:

- A PINCH OF CINNAMON OR NUTMEG
- A DROP OF PEPPERMINT EXTRACT FOR MINT CHOCOLATE MILK
- A SPOONFUL OF NUT BUTTER (LIKE ALMOND OR PEANUT) FOR A CREAMY, RICH TWIST



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— NUTRITION

PER 1-CUP SERVING

RECIPE MAKES APPROXIMATELY 2 SERVINGS.

- CALORIES: ~170 KCAL
- PROTEIN: ~9 G
- CARBOHYDRATES: ~23 G
- TOTAL FAT: ~6 G
- SATURATED FAT: ~3 G
- FIBER: ~2 G
- TOTAL SUGARS: ~19 G
- ADDED SUGARS: ~6 G
- SODIUM: ~130 MG
- CALCIUM: ~300 MG
- POTASSIUM: ~450 MG
- IRON: ~1 MG
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NUTRITION NOTE: VALUES ARE APPROXIMATE AND WILL VARY DEPENDING ON THE TYPE OF MILK AND SWEETENER USED. USING WHOLE MILK WILL INCREASE CALORIES AND FAT, WHILE UNSWEETENED PLANT-BASED MILK MAY REDUCE CALORIES. USING HONEY INSTEAD OF MAPLE SYRUP WILL ALSO SLIGHTLY CHANGE THE NUTRITION.



LITTLE BONUS: CACAO POWDER CONTRIBUTES FIBER, IRON, MAGNESIUM, AND NATURALLY OCCURRING PLANT COMPOUNDS—ONE OF THE REASONS I LIKE THIS VERSION BETTER THAN SIMPLY USING CHOCOLATE SYRUP.

