The Kitchen at Second Harvest
Spiced Hot Chocolate
try at home recipe
Recipe modified from Gimme Some Oven

Ingredients

- 4 cups milk
- 1/4 cup unsweetened cocoa powder
- 1/4 cup sugar
- 2 tsp cornstarch (optional thickener)
- 1 tsp cinnamon
- 1/2 tsp vanilla extract

- 1/4 tsp chipotle powder or chili powder
- pinch of nutmeg
- pinch of cayenne

Yield: 5 cups
Serving Size: 1 cup

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Directions

1. Add all ingredients to a medium saucepan
2. Heat over medium heat until simmering, stirring frequently
3. Remove from heat and serve with optional toppings (whipped cream, marshmallows, chocolate syrup, and/or chocolate shavings
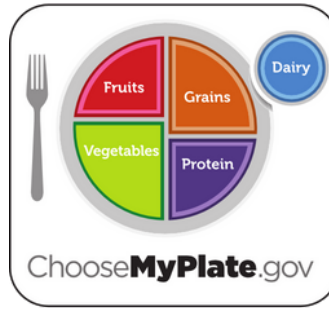

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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.

The **Dairy** Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.

Cooking Tips

- Wisk in additional cornstarch to thicken the hot chocolate
- Add any other spices to your liking!
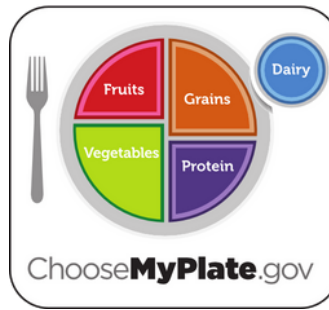- Top with lemon or orange zest for a fruity twist

Second Harvest is an equal opportunity provider.

Nutrition Facts

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5 servings per container

Serving size	1 Cup

Amount Per Serving

Calories 150

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3.5g	18%
Trans Fat 0.2g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes 2g Added Sugars	4%
Protein 9g	18%
Vitamin D 3mcg	15%
Calcium 299mg	25%
Iron 0.72mg	4%
Potassium 423mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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