

Low-Carb Mexican Style Hot Chocolate

Serving size: 1 cup; makes about 2 cups

Prep time: 45 minutes

Total time: 45 minutes

Ingredients

- 14 oz coconut or almond milk
- 2 ½ Tbsp. cacao powder
- 1 tbsp. honey
- 1/4 tsp. cinnamon
- 1 tiny pinch of cayenne
- 1 tiny pinch of unrefined sea salt



Preparation

1. Warm milk in a saucepan on the stove at medium-low heat until milk is thoroughly heated.
2. Add cacao, honey, cinnamon, a pinch of cayenne and a pinch of sea salt and whisk until smooth, then remove from heat.
3. Pour hot chocolate into your favorite mugs. Sprinkle with a pinch of cacao and add a cinnamon stick for garnish.

Nutritional Information

Per serving

Calories: 90

Total Fat: 1 g

Saturated Fat: 0 g

Cholesterol: 19 mg

Total Carbohydrate: 10 g

Dietary Fiber: 1 g

Sugar: 8 g

Protein: 2 g

Sodium: 64 mg

Potassium: 104 mg

Adjusted from: <http://thesproutingseed.com/>