

Recipe of the Week

Rich and Delicious Hot Chocolate

It's cold outside...

Time for a cup of hot chocolate!

Ingredients:

- 1 cup unsweetened almond milk
- 1-2 teaspoons cocoa powder
- 1 tablespoon Splenda or any zero calorie sweetener
- 1 tablespoon (sugar-free) chocolate syrup

Instructions:

1. Heat almond milk on the stovetop until hot.
2. Add the rest of the ingredients until well mixed.
3. Pour into your favorite mug and enjoy.
4. Add a squirt of whipped cream to make this extra delicious!

Makes 1 serving. Count as a treat.

