



Long Livo

Healthier Hot Chocolate Recipe

10 min

Prep time

4

Servings

10 min

Cook time

Easy

Difficulty

20 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 2 tbsp unsweetened cocoa powder
- ☐ 2 cups low-fat milk
- ☐ 2 tsp honey or 1/4 tsp liquid stevia

- ☐ 1/2 tsp vanilla extract

- ☐ Pinch of sea salt

Optional Garnish

- ☐ Cinnamon powder for dusting
- ☐ Whipped coconut cream

Instructions

- 1** In a small bowl, whisk cocoa powder with 2 tbsp of the milk to form a smooth paste; this prevents lumps later.
- 2** In a saucepan, gently heat the remaining milk over medium-low heat until steaming, but not boiling.
- 3** Stir the cocoa paste into the warm milk, whisk continuously until fully incorporated and the mixture is glossy.
- 4** Add honey (or stevia), vanilla, and a pinch of sea salt; whisk and taste, adjusting sweetness if needed.
- 5** Optional: sprinkle a little cinnamon on top, or swirl in a dollop of whipped coconut cream for extra indulgence.

Nutrition per serving

120 kcal

Calories

6 g

Protein

20 g

Carbs

3 g

Fat

Tips & notes

- Use a wooden spoon to stir; it helps prevent scorching.
- If the drink is too thick, add a splash more milk.
- For extra froth, pour the hot mixture through a fine mesh strainer into a mug.