



Long Livo

Healthy Hot Chocolate – Quick & Easy

5 min

Prep time

2

Servings

5 min

Cook time

Easy

Difficulty

10 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 2 tbsp unsweetened dark cocoa powder
- ☐ 2 cups unsweetened almond milk
- ☐ 1 tbsp honey (or maple syrup for vegan)
- ☐ 1/4 tsp ground cinnamon
- ☐ 1/2 tsp vanilla extract
- ☐ Pinch of sea salt

Instructions

- 1 In a small saucepan, whisk together cocoa powder, cinnamon, sea salt, and a splash of almond milk to form a smooth paste.
- 2 Gradually stir in the remaining almond milk, keeping the mixture moving to avoid lumps.
- 3 Heat over medium-low, stirring constantly, until the drink is steaming and glossy – about 3–4 minutes. creamy crockpot tip: if you prefer a slower method, let it warm gently on low heat.
- 4 Remove from heat, stir in honey and vanilla, then pour into mugs. Sprinkle a tiny dash of extra cocoa on top if desired.
- 5 Enjoy immediately, feeling the warmth spread through your hands and heart.

Nutrition per serving

120 kcal

Calories

3 g

Protein

22 g

Carbs

3 g

Fat

Tips & notes

- For a richer texture, use a splash of coconut cream instead of extra almond milk.
- If you like a hint of spice, add a pinch of cayenne pepper.
- Adjust sweetness to taste; start with less honey and add more if needed.