



Long Livo

Homemade Hot Chocolate Mix – Just Add Water

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

12

Servings

Beverage

Course

Ingredients

Base Mix

- ☐ 1 cup unsweetened cocoa powder
- ☐ 1 cup powdered sugar
- ☐ 1 cup non-fat milk powder
- ☐ ½ tsp sea salt
- ☐ 1 tsp vanilla extract powder
- ☐ ½ tsp ground cinnamon (optional)

Instructions

- 1 In a large bowl, sift together cocoa powder, powdered sugar, and milk powder to break up any clumps.
- 2 Add sea salt, vanilla powder, and optional cinnamon; whisk until the blend is uniform.
- 3 Transfer the mixture to an airtight jar and give it a good shake before storing.
- 4 To serve, heat 8 oz of water or milk until just steaming, then whisk in 2-3 tbsp of mix until smooth and frothy.
- 5 Enjoy immediately, or top with a dollop of whipped cream for extra indulgence.

Nutrition per serving

120 kcal

Calories

5 g

Protein

24 g

Carbs

2 g

Fat

Tips & notes

- If the mix seems too thick, add a little more liquid gradually.
- For extra richness, stir in a teaspoon of melted butter or coconut oil.
- Feel free to experiment with a splash of healthy hot chocolate for a lighter version.