



## Healthy Hot Chocolate

1 serving  
2 minutes

### Ingredients

- 1 cup Unsweetened Almond Milk (or other dairy substitute)
- 1 tbsp Cocoa Powder
- 1 tsp Maple Syrup
- 1 tsp Vanilla Extract
- 1/2 tsp Cinnamon (or to taste)

### Nutrition

Amount per serving	
Calories	74
Fat	3g
Saturated	0g
Carbs	10g
Fiber	4g
Sugar	5g
Protein	2g
Cholesterol	0mg
Sodium	163mg

### Directions

- 1 Blend all ingredients up together, then heat up in the microwave or stove top. Enjoy!

### Notes

**More protein?:** Add a scoop of your favorite chocolate protein powder before blending everything up together.