

Heart Healthy Recipes from Gwinnett Medical Center



Hot Chocolate

- 15 C. instant powdered milk
- 1 1/2 C. sugar (Splenda, Nutra-Sweet)
- 1 C. cocoa
- 1 1/2 tsp. salt

Preparation:

1. Mix all ingredients well and store. Makes enough for 10 quarts or 40 1-cup servings.
2. To use the mix, stir 1/2 cup of mix into 1 cup hot water for a warm drink or ice cold water for chocolate milk.

***Recipe can be cut in half or thirds.**