



Mmmm-Mmmm Mexican Hot Chocolate



Entire recipe: 99 calories, 3g total fat (1.5g sat. fat), 65mg sodium, 15.5g carbs, 3g fiber, 9g sugars, 5.5g protein

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Prep: 5 minutes **Cook:** 5 minutes or less



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Ingredients

1 1/2 tbsp. unsweetened cocoa powder
1 tsp. mini semi-sweet chocolate chips
2 no-calorie sweetener packets (like Truvia or Splenda)
1/4 tsp. cinnamon
Dash cayenne pepper
1/2 cup fat-free milk

Directions

In a microwave-safe mug or glass, combine cocoa powder, chocolate chips, sweetener, cinnamon, and cayenne pepper.

Add 1/4 cup very hot water, and stir until mostly dissolved and uniform.

Add milk and another 1/4 cup hot water, and mix well.

Microwave until hot, about 45 seconds.

MAKES 1 SERVING

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