

# Hot Chocolate

## Heart Health

**Items Needed:** blender, measuring cups, saucepot or teapot, mug

**Serves:** 2

### Ingredients:

- 1 ½ cup water
- ¼ cup chocolate chips
- 2 tsp raw sugar
- ½ tsp vanilla
- ¼ cup vanilla milk (vanilla soy, almond or your preferred plant milk.)
- Finish with lowfat whipped topping or marshmallows, split half and half with coffee for a nice mocha that is lower in fat and calories.

### Directions:

1. In a teapot or saucepot bring 1 ½ cups of water to a boil.
2. In a blender, add the sugar, chocolate chips and vanilla. Once the water is boiling add to the blender and allow to sit for approximately 30 seconds- 1 minute.
3. Puree for thirty second until a little frothy and well incorporated.
4. Pour into two glasses and finish with plant milk.
5. If you prefer, add coffee, finish with some marshmallows or whipped topping.

### Nutrition Information (per 1/2 recipe):

Calories: 148 Fat: 9 g Carbs: 13.3 g Protein: 1.5 g Fiber: 1.9 g Sodium: 23.6 mg

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