

Low Carb Hot Chocolate

This recipe is super easy to tweak. If you want a vegan version, just leave out the cream. If you are into chocolate coffee - add a shot of espresso to this. If you want something spicier, add cinnamon, pumpkin spice, or chilli powder. The possibilities are endless.



Ingredients:

- 4 cups unsweetened almond milk (1 litre/33.8 fl. Oz.)
- 3 Tbsp. cocoa powder
- 6 Tbsp. confectioners/powdered erythritol
- 4 squares of Lindt 90%
- cream to taste

~ serves 4

Directions:

1. Place a large pot on medium heat on the stove. Pour in the almond milk and stir until heated. Sieve your cocoa powder into the pot and whisk the mixture until the powder is all dissolved.
2. Add the erythritol and keep stirring until it is mixed well. I used 6 tablespoons but this is also to taste - add them one at a time and see if it's the right level of sweet.
3. Once your chocolate mixture is hot, remove from the heat. Place a square of Lindt at the bottom of each mug and carefully pour the hot liquid over the chocolate. Add cream if desired (I use about a tablespoon per mug). Stir well to dissolve the chocolate and serve.
4. If you skip the cream step, this recipe is vegetarian/vegan.

Approximate macros per serving:

carbs - 5.1g fat - 18.3g protein - 5g calories - 200

Recipe and images by www.alittlebitofketo.com