

Hot Cocoa

I get asked about hot chocolate recipes a lot. A lot a lot. I currently have three recipes, one that will probably kill you with calories, one that can be vegan and is lower calorie and the easiest one, hot cocoa. This recipe is super easy, quick to do and very satisfying. It definitely ticks all the hot chocolate boxes!



Ingredients:

- 1 tsp. unsweetened cocoa (4g)
- boiling water
- 30ml cream (I use light cream, but heavy cream will work as well)
- sweetener to taste

Directions:

1. Put the cocoa powder in your mug. Add about two tablespoons of boiling water to the bottom of the mug and mix the cocoa until dissolved. Add your cream and stir until everything is mixed together (use a milk frother if you want your cocoa slightly more foamy).
2. Add your sweetener and top up your mug with boiling water. Mix well. I use erythritol or Canderel Stevia. Easiest hot chocolate ever.

Approximate macros per serving:

carbs - 1.5g fat - 10g protein - 2g calories - 100

Recipe and images by www.alittlebitofketo.com