

Spiced Cocoa

4 cups fat-free or 1% milk
1/4 teaspoon cinnamon
1/2 cup unsweetened cocoa powder
dash of salt, if desired

4 Tablespoons brown sugar
1 teaspoon vanilla extract, if desired
additional cinnamon, if desired

Heat milk and cinnamon in small saucepan over medium-low heat until simmering (do not let milk boil). Reduce heat and continue to slowly simmer for 2 to 3 minutes. Remove saucepan from heat. Whisk the cocoa, salt (if desired) and brown sugar into heated milk until well mixed with no lumps. Stir in vanilla, if desired, and pour in mugs. Sprinkle with extra cinnamon.

Quick Hot Cocoa for One

1 Tablespoon sugar 1 Tablespoon hot tap water
2 teaspoons unsweetened cocoa powder 1 cup fat-free or 1% milk
dash of salt, if desired

Combine sugar, cocoa and salt (if desired) in a large, microwave-safe mug. Add hot water to mug and stir to dissolve cocoa mixture. Add milk, stirring well. Place mug in microwave and cook on High for 1 1/2 minutes, or until hot enough. Stir and enjoy.

Nutrition Facts (based on 1% milk)**

Servings per recipe: 4 (1 cup each)

Amount per serving:

179 calories	3.5 g total fat (1.6 g saturated fat)
27 g carbohydrate	161 mg sodium
10 g protein	500 IU vitamin A (10% Daily Value)
310 mg calcium	3.8 mg iron
2 mg vitamin C	

**Use fat-free milk for 163 calories and 1 g total fat per serving

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Gale A. Buchanan, Dean and Director

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Nutrition Facts (based on 1% milk)**

Servings per recipe: 1

Amount per serving:

156 calories	3 g total fat (1.8 g saturated fat)
25 g carbohydrate	170 mg sodium
9 g protein	500 IU vitamin A (10% Daily Value)
300 mg calcium	0.5 mg iron
2 mg vitamin C	

**Use fat-free milk for 140 calories 0.5 g total fat per serving

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