



ON THE MENU: COCOA POWDER



THE NUTRITION

Possible anti-inflammatory benefits:

contains high amounts of flavanols, which have antioxidant properties.

Chronic inflammation is linked to many conditions such as cardiovascular disease, atherosclerosis, arthritis and more!

Improved vascular function: packed with magnesium, potassium and copper which reduce our risk of hypertension.

THE USES

Lower sugar content: used in baking for less total sugar or in flourless recipes.

Nutrient-packed ingredient: for smoothies, desserts, oatmeals, yogurts, and on top of fruit.

HOMEMADE HOT CHOCOLATE

Makes: 2 servings

Recommended serving size: 1 cup

Ingredients:

2 cups 1% milk

2 tablespoons cocoa powder

1 tablespoon honey

1/2 teaspoon vanilla

Directions:

1. Warm the milk in a pot, then whisk in the cocoa powder, honey, and vanilla extract.
2. Whisk well to remove any lumps from the cocoa or place in a blender until frothy.
3. Serve warm.

Nutrition information per serving:

150 calories, 19 grams carbohydrates, 10 grams protein, 2 grams fat, 2 grams fiber, 12 grams sugar, 127mg sodium