



Mexican-Style Hot Chocolate

2 $\frac{3}{4}$ cup nonfat dry milk powder
 $\frac{1}{2}$ cup unsweetened cocoa powder
 $\frac{1}{2}$ cup powdered sugar substitute*
1 tsp. Ground cinnamon

*Not aspartame - loses sweetness when heated.

For cocoa mix, in a storage container combine dry milk powder, cocoa powder, sugar substitute and cinnamon. Mix well. Cover and store in a cool, dry place up to 8 weeks.

For each serving, place $\frac{1}{3}$ cup of the cocoa mix in a mug. Add $\frac{2}{3}$ cup boiling water; stir to mix.

Yields: 9 servings, each 8 oz.

Nutritional value per serving: 113 calories, 8 g protein, 14 g carbohydrate, 4 g total fat, 2 g saturated fat, 4 mg cholesterol, 120 mg sodium, 413 mg potassium
1 milk exchange, 1/2 fat per serving