



HOT CHOCOLATE

By Dr. Cindy Tanzar

Treat yourself to a rich and creamy hot chocolate that's perfect for cozy evenings. This indulgent drink combines sweeteners and cocoa with either coconut or almond milk to create a delightful base. Add in some chocolate chips for an extra layer of richness, and finish with heavy cream or a vegan option for a luscious texture. A touch of vanilla extract adds a delightful flavor that elevates the entire experience. Enjoy this warm and comforting beverage any time you crave sweetness and warmth!

Makes 4 servings.



INGREDIENTS

- 3/4 cup Allulose* or Swerve Confectioners
- 1/4 cup Dutch cocoa** (can use reg. unsweetened cocoa)
- 3-1/2 cups unsweetened coconut or almond milk
- 1/4 cup Lily's chocolate chips (can use 2 extra Tbsp cocoa powder instead)
- 1 cup heavy cream or (full-fat canned coconut milk for vegan/veg.)
- 1/2 tsp. vanilla extract

DIRECTIONS

1. In a large saucepan, combine Allulose/Swerve, cocoa powder, almond milk and chocolate chips (or cocoa powder). Bring to a boil and simmer 2 minutes, stirring frequently.
2. Reduce heat to low and stir in heavy cream. Heat but do not boil.



3. Remove from heat and add vanilla. Adjust sweetener with more Swerve or liquid stevia, if desired. Can try using flavored extracts (peppermint) or stevia (caramel, etc.), as well.

* Allulose can be found on most baking aisles, health food stores or Amazon. It is very similar to Swerve, but doesn't have the aftertaste.

** Dutch cocoa is in the baking aisle and is less acidic and a little better tasting in this recipe.