

# Tasty and healthy hot chocolate

Everyone loves to sip on a hot chocolate after a nice skate on the canal. Why not bring your own homemade hot cocoa in a thermos? Made with soy, almond or low-fat milk, this recipe is lower in sugar than many others or packaged mixes. I also like to add a little cinnamon for extra flavour.

## Ingredients

1 cup — 1% milk, unsweetened almond milk, or rice milk  
1 tbsp pure maple syrup  
2 tbsp water  
2 tbsp cocoa powder  
 $\frac{3}{4}$  tsp pure vanilla

## Directions

Stir together the cocoa powder, maple syrup and water. Cook over medium heat until the mixture comes to a low boil. Stir in the milk and pure vanilla. Reduce the heat to low until well heated. Serve in a large mug or double the recipe to bring along in a thermos.

*Contributed by Linda Houle-Robert. Linda is a francophone Registered Holistic Nutritionist in Orléans and a marathon runner. She can be reached at [lhouleroberth@yahoo.ca](mailto:lhouleroberth@yahoo.ca)*

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