

Let's Cook our Commodities!

Dry Milk Hot Chocolate Mix

Ingredients

For the Hot Chocolate Mix:

- 1 cup powdered sugar
- 2/3 cup cocoa powder
- 1/2 cup non-fat dry milk powder
- Pinch of salt

For the Hot Chocolate:

- 1 1/2 Tbsp. Hot Chocolate Mix (see above)
- 1 cup hot water

Makes
20 servings

Prep Time
5 minutes

Good Source of
Calcium



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Nutrition Facts

1 servings per container	
Serving size	1 cup (248g)
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 6g Added Sugars	12%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 0mg	0%
Potassium 85mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Prepare the hot chocolate mix first by combining the powdered sugar, cocoa powder, dry milk powder, and salt. Place in an airtight container or gallon-sized freezer bag. Store at room temperature for up to two months, or in a freezer for up to a year.
2. To make hot chocolate: In a heat-safe mug, combine 1 1/2 tablespoons of the dry hot chocolate mix with 1 cup of hot water. Stir well until mix is fully dissolved.
3. Serve hot.

