

Bone Broth Hot Chocolate

Nourishing high protein drink, full of nutrition!



 2 servings  5 minutes

INGREDIENTS

- 1 Cup Bone Broth (Chicken or Vegetable)
- 1 Cup 2% Milk (or milk of choice)
- 1.5 Tbsp Maple Syrup- more as needed to sweeten as desired)
- 1.5 Tbsp Cocoa Powder
- 1 Tsp Vanilla Extract
- ½ Tsp Cinnamon
- Pinch of Salt

DIRECTIONS

1. Mix all ingredients in a cooking pan over medium-high heat, stirring occasionally until all is dissolved
2. Once hot, transfer to a blender and blend to make it frothy- or use an immersion blender.
3. Pour into a mug and enjoy!
4. Top whipped cream and cocoa nibs if desired

Flavor Variations

Add 1 scoop of collagen powder for extra boost of protein

Serve with whipped cream and cocoa nibs if desired

[Suggestion: Bare Bones Instant Mix](#)

Nutrition Facts

Serving: 1

Calories 125

Amount	% Daily Value*
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Total Fat 4g	25%
Saturated 0.0g	20%
Cholesterol 377mg	126%
Sodium 581mg	24%

Calcium 6%	Iron 10%
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Amount	% Daily Value*
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Total Carbs 1g	0%
Dietary Fiber 0g	1%
Sugars 0g	
Protein 13g	26%

Vitamin A 11%	Vitamin C 0%
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*Percent Daily Values are based on a 2000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs.