

# **MEXICAN HOT CHOCOLATE**

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## **INGREDIENTS**

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3 cups unsweetened almond  
milk

2 tbsp unsweetened cocoa  
powder

1/2 tsp vanilla

1/2 tsp cinnamon

1/4 tsp nutmeg

pinch of cayenne

stevia to taste -optional

## **PROCEDURE**

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Heat all ingredients in a saucepan over medium heat. Whisk ingredients until well combined.

When mixture begins to bubble, turn off heat and remove from stove.

Pour hot chocolate into 2 mugs. Sprinkle with extra cinnamon or top with whipped cream.

### **Whip Cream**

1 pint heavy whipping cream

1 tsp vanilla

1 tbsp honey, maple syrup or stevia

Chill glass or metal bowl and beaters in freezer for 30 minutes.

Beat cream on high until peaks form.

Drizzle vanilla and sweetener in while beaters are going.

Place bowl of whipped cream in fridge for 15-20 minutes then beat again before serving.

**NATURAL HEALTH**

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