

Hot Cocoa

Submitted by Kelly S.

1 cup nonfat dry milk

½ cup nondairy dry creamer
(flavored and sweetened with Splenda®)

2/3 cup dutch cocoa powder

2/3 cup Splenda

Place the nonfat dry milk in the food processor or blender and process on high for 30 seconds or until very fine. Mix all ingredients together. Store at room temperature in an air tight container. Mix 3 Tablespoons with 6 oz hot water. Makes seven servings.

Nutrition information per serving: 112 calories, 8 grams protein, 2 grams total fat, 2 grams saturated fat, 14 grams carbohydrate, 105 mg sodium.