



# Mexican Hot Chocolate

5'

Hands on

8'

Cook Time

4

Portion(s)

1

Difficulty



## Ingredients

- 110 g cocoa powder
- 60 g granulated sugar
- 1 teaspoon ground cinnamon
- 1 pinch strong cayenne pepper
- 2 teaspoons vanilla extract
- 900 g milk
- cinnamon sticks, optional for serving
- hot water, optional

## Διατροφικός πίνακας

Nutrition information per 100 gr.

113 Calories (kcal)	5.1 Total Fat (g)	3.2 Saturated Fat (g)	10.3 Total Carbs (g)
15%	20%	43%	11%
9.2 Sugars (g)	4.6 Protein (g)	3.5 Fibre (g)	0.09 Sodium (g)
28%	25%	37%	4%

## Method

Photo credit: G.

Drakopoulos - Food Styling: T. Webb

- Combine the cocoa powder, sugar, ground cinnamon and cayenne pepper in a bowl.
- Stir for about 1 minute, until well combined.
- Heat the vanilla and milk in a medium saucepan over medium heat.
- Lower heat when the milk starts to boil, about 6-8 minutes.
- Slowly add the cocoa mixture to the milk in the saucepan.
- Stir continuously for about 2 minutes, until all of the ingredients are completely combined. If the taste is too intense, add some hot water.
- Serve warm.