

Hot Chocolate Mix

Ingredients

3 ½ cups non fat dry milk
½ cup sugar
½ cup cocoa

Method

1. Mix all ingredients together.
2. Store in a large sealable container until ready to use.
3. For 8 oz. cup fill cup with 1/3 cup cocoa mix.
Add hot water until cup is filled.

Nutrition Facts

Servings: 13

Amount per serving

Calories **58**

% Daily Value*

Total Fat 0.4g 1%

Saturated Fat 0.3g 1%

Cholesterol 1mg 0%

Sodium 34mg 1%

Total Carbohydrate 12.7g 5%

Dietary Fiber 1g 4%

Total Sugars 11g

Protein 2.8g

Spiced Milk

Ingredients

¼ cup non fat dry milk
1/8 tsp. cinnamon
1/8 tsp. nutmeg
1 tsp. sugar
1 cup water

Method

1. Add nonfat dry milk powder, spices and sugar to water and beat, stir or shake until smooth.

Nutrition Facts

Servings: 1

Amount per serving

Calories **35**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 1mg 0%

Sodium 31mg 1%

Total Carbohydrate 7g 3%

Dietary Fiber 0g 0%

Total Sugars 7g

Protein 2g



