

# HG's Mmmm–Mmmm Mexican Hot Chocolate

**Prep:** 5 minutes

**Cook:** 5 minutes or less

## *Ingredients:*

1 pack diet hot chocolate mix

1/4 tsp. cinnamon

Dash cayenne pepper

1/2 cup fat-free milk

1/2 cup hot water (divided)



## *Directions:*

1. In a microwave-safe mug or glass, combine hot chocolate mix, cinnamon, and cayenne pepper.
2. Add 1/4 cup very hot water, and stir until mostly dissolved and uniform.
3. Add milk and another 1/4 cup hot water, and mix well.
4. Microwave until hot, about 45 seconds.

## Nutrition Information:

Whole Recipe

Calories: 70

Fat: 0g

Carbs: 10g

Protein: 6g

Recipe modified from:

<http://www.hungry-girl.com/recipe-makeovers/show/low-calorie-mexican-hot-chocolate>