HOT COCOA

SERVES 8

INGREDIENTS

6 tablespoons cocoa
1/2 cup white sugar
1 1/2 cups dry milk

DIRECTIONS

1. Combine all the ingredients and place in a zip lock bag or covered jar.
2. For one serving, combine approximately 1/4 cup of mix with 3/4 cup of water.
3. Heat and serve.

NUTRITION INFORMATION:

Calories: 160
Fat: 2.9 grams (g)
Saturated Fat: 1.8 grams (g)
Trans Fat: 0 grams (g)
Cholesterol: 7 milligrams (mg)
Carbohydrates: 33.7 grams (g)
Dietary Fiber: 2.4 grams (g)
Protein: 4.5 grams (g)
Sodium: 39 milligrams (mg)
Vitamin A 3%
Calcium 12%
Vitamin C 0%
Iron 7%

FOR MORE INFORMATION ABOUT SNAP ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition (Revised 9/14)