Hot Cocoa

32 oz soy milk (or plant-based milk of your choice).
½ cup cocoa powder*
½ cup pure maple syrup**
Dash of vanilla extract
Cinnamon and/or other spices can be added if desired.

*You can use less cocoa powder depending on your taste preference.

**You can use less maple syrup depending on your taste preference and/or if you would like to lower the sugar and calories.

Combine all ingredients in a medium saucepan and whisk together until cocoa powder is completely blended into milk.

Heat over medium heat until desired temperature is reached, stirring occasionally.

Enjoy!

Makes 4 servings.

It can be very quick and easy to prepare hot cocoa from scratch without a pre-packaged mix. By preparing it yourself you can skip the unnecessary ingredients and control the added sugar. Using a plant-based milk alternative can lower the fat content while keeping the same creamy texture.