



a better world begins on your plate

**plant-based  
eating**  
ANIMAL PROTECTION  
OF NEW MEXICO

## Hot Cocoa



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.

32 oz soy milk (or plant-based milk of your choice).

¼ cup cocoa powder\*

¼ 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. You can also use any other vegan sweetener you prefer such as agave, coconut sugar, etc.

1. Combine all ingredients in a medium saucepan and whisk together until cocoa powder is completely blended into milk.
2. Heat over medium heat until desired temperature is reached, stirring occasionally.
3. If desired, top with vegan marshmallows (Dandies brand and Trader Joe's brand are both vegan).
4. Enjoy!

Makes 4 servings.