

Three-Ways Hot Cocoa Mix

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7359&news_iv_ctrl=1123

Ingredients

- 1 cup instant nonfat dry milk powder
- 1 cup sugar
- 1/2 cup Dutch-process cocoa powder
- 1/4 cup dried egg whites
- 1 1/2 tsp. ground cinnamon
- 1/4 tsp. ground allspice
- 1/4 tsp. ground clove
- 1/4 tsp. ground ginger
- 1/8 tsp. ground black pepper
- 6” cinnamon sticks (optional) for garnish
- Black tea bags

Instructions

1. In a mixing bowl, vigorously whisk together the dry milk powder, sugar, cocoa, egg white powder, cinnamon, allspice, clove, ginger, and black pepper, making sure all the tiny clumps are broken up. Spoon the mixture into a jar, and seal tightly.
2. This mix is intended to be used with 1 percent milk to make hot chocolate, or a tea bag for making chai. If giving this mix as a gift, include instructions for using 1 to 2 teaspoons, according to taste, per serving.
3. Makes 2 1/2 cups mix.
4. For **chai**, brew one tea bag in a cup or mug of hot milk. Remove the tea bag and stir in the mix. Add a cinnamon stick as a stirrer, if desired.
5. For **hot chocolate**, place the mix in a mug and gradually stir in hot milk. Add a cinnamon stick as a stirrer, if desired, or 2-3 drops of vanilla extract, or 1 drop of almond extract.
6. For **hot mocha**, mix 1/4 teaspoon instant espresso into the hot chocolate.

Nutrition information per serving

Calories: 112	Dietary Fiber: <1g
Total Fat: 3g	Sodium: 129mg
Saturated Fat: 2g	Protein: 8g
Carbohydrates: 24g	