

# Hot Chocolate

**Yield:** 2 servings

## Ingredients

- 2 cups milk of choice, soy, almond, oat, cow's, etc.
- 1 tablespoon unsweetened cocoa powder
- 2 deglet noor dates, pitted and chopped
- ½ teaspoon ground cinnamon

## Instructions

1. Put all ingredients in a blender and blend until smooth and creamy.
2. Heat and serve warm.

## Nutrition Information

**Serving Size:** ½ recipe  
Calories: 154  
Total Fat: 4 g  
Monounsaturated Fat: 1 g  
Polyunsaturated Fat: 2.5 g  
Saturated Fat: 0.5 g  
Sodium: 95 mg  
Total Carbohydrate: 23 g  
Dietary Fiber: 3 g  
Sugars: 17 g  
Protein: 8 g

Source: Spectrum Health



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