

BRYANNA'S HOMEMADE DRINKING CHOCOLATE MIX

Servings: @15

Drinking chocolate provides a rich, velvety, not-too-sweet chocolate hit-- an espresso cupful (using 1/4 cup non-dairy milk), which is small, but very satisfying.

1 cup unsweetened cocoa powder (*preferably fair trade, organic, Dutch-processed*)

5 tablespoons good-quality semisweet chocolate chips (*preferably fair trade, organic*)

OR USE 2.3 oz./66g chopped good quality semisweet chocolate (*preferably fair trade, organic*)

1/2 cup + 3 tablespoons brown sugar, coconut sugar or Sucanat (*dehydrated sugar cane juice*)

4 teaspoons cornstarch (*organic is available*)

1 pinch salt

OPTIONAL: (Note: Add flavorings just before serving, for better flavor.)

pure vanilla extract, chili powder, cinnamon, grated orange rind or other flavoring of your choice, to taste

FOR EACH SERVING, ESPRESSO-STYLE:

2 tablespoons Homemade Drinking Chocolate Mix

1/4 cup non-dairy milk of choice, or water, if you prefer (*I use Silk Original Soy*)

To make the the Drinking Chocolate Mix:

1. In a very dry blender container, grind the cocoa, chocolate, sugar and cornstarch at high speed until there are no lumps in it. Store in a clean, dry jar, tightly covered.

To prepare the hot Drinking Chocolate:

1. **For each serving**, mix 2 tablespoons of the Drinking Chocolate Mix into 1/4 cup non-dairy milk (or use water, if you prefer)

2. If you are making only 1 or 2 servings, you can combine the Drinking Chocolate Mix with the milk right in the espresso cup(s) with a very small wire whisk.

3. For 3 or 4 servings, you can blend with a hand-held immersion blender in a 1 qt. Pyrex pitcher until well mixed and quite frothy and heat it in the microwave in the same pitcher.

4.) You can use a blender if you are making a larger batch, and transfer it to a 2 qt. Pyrex pitcher for microwaving. *Make sure that there is plenty of room for a larger batch to froth up.*

I heat the mixture in the microwave-- at High power for 30 seconds for one serving, or about 50 seconds for 2 servings, adding seconds as appropriate if your microwave is lower power. 2 minutes for 3 or 4 servings should be fine. The mixture should stay frothy and thicken a bit.

If you prefer the stovetop method, heat the mixture in an appropriately-sized saucepan over medium heat. Once the chocolate starts to melt, gently whisk the mixture to combine. Bring the mixture just to the boil-- keep an eye on it! If you are adding a flavoring, this is the time, but don't overdo it!

Serve in small espresso cups and enjoy immediately!

Nutrition Facts

Serving size: 1/4 cup non-dairy milk (not coconut) + 2 Tablespoons Drinking Chocolate mix
Amount Per Serving

77 calories, 13 calories from fat, 2g total fat, 0mg cholesterol, 7.6mg sodium, 135.4mg potassium, 16.9g carbohydrates, 2.3g fiber, 10.5g sugar, 1.5g protein, 2.6 points.