

Hot Spiced Chocolate

Ingredients:

3 cup 2% low-fat chocolate milk
1 1/2 cup skim milk
4 three inch sticks cinnamon, *
1 dash of ground nutmeg
1 dash of ground cloves
1 1/2 tsp vanilla
36 miniature marshmallows
1 ground cinnamon, optional

Instructions:

* plus 6 additional sticks for optional garnish

Combine chocolate milk, skim milk; cinnamon, nutmeg and cloves in a large saucepan; stir with a wire whisk. Cook over low heat until thoroughly heated (do not boil). Remove and discard cinnamon sticks; stir in vanilla. Pour into individual mugs and top each with 6 marshmallows. If desired, sprinkle with ground cinnamon and garnish with cinnamon sticks.

Per 3/4-cup serving:

120 calories

6 grams protein

18 grams carbohydrate

3 grams fat

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