

Mexican Hot Chocolate

**Servings: 4**

1/4 cup cocoa powder
2 tablespoons brown sugar
1 cup water
1/4 teaspoon ground cinnamon
1 pinch ground cloves
1 pinch ground nutmeg
3 cups milk
1 teaspoon vanilla extract

In a small sauce pan mix together cocoa powder, brown sugar, and water. Bring to a boil. Reduce the heat and cook for 2 minutes stirring constantly.

Add in cinnamon, cloves, and nutmeg.

Stir in milk and simmer for 5 minutes.

Whisk in vanilla extract.

Pour into mugs.

Serve

Per Serving (excluding unknown items): 145 Calories; 7g Fat (39.3% calories from fat); 7g Protein; 17g Carbohydrate; 2g Dietary Fiber; 18mg Cholesterol; 84mg Sodium; 14g Total Sugars; trace Vitamin D; 221mg Calcium; 1mg Iron; 333mg Potassium; 194mg Phosphorus. Exchanges: .