

DIY Homemade Chocolate Milk Syrup (Refined Sugar Free)

Homemade chocolate syrup is seriously one of the easiest homemade treats to make in the kitchen. Homemade chocolate syrup is made with just a few basic ingredients: cocoa powder (the chocolate punch), water, pure maple syrup (the sweetness), vanilla extract, and a pinch of salt.



prep time: 5 MINS **cook time:** 5 MINS **total time:** 10 MINS

INGREDIENTS

- 1 cup water
- 1/2 cup pure maple syrup
- 3/4 cup unsweetened cocoa powder
- 1 1/2 tsp pure vanilla extract
- 1 pinch salt

INSTRUCTIONS

1. In a medium-size saucepan, over medium-high heat, whisk together the water and maple syrup. Bring the water/syrup mixture to a boil. Once boiling, reduce the heat to medium-low.
2. Whisk the cocoa powder into the water/syrup mixture until the powder is fully dissolved. Simmer for 2 minutes. This is just the right amount of time needed for the syrup to thicken. If the syrup simmers for longer, the cocoa powder may burn resulting in a burnt flavor (yuck!).
3. Remove the chocolate syrup from the heat. Stir the vanilla extract and pinch of salt into the syrup.
4. Store the syrup in a container in the fridge for several months.

NOTES

The “where to buy” links provide links to the actual products I use. As always, I recommend shopping around online and at local stores for the best prices and products you love. Find all my favorite kitchen essentials, here.

NUTRITION

Calories: 599kcal | Carbohydrates: 146g | Protein: 12g | Fat: 8g | Saturated Fat: 5g | Sodium: 79mg | Potassium: 1345mg | Fiber: 21g | Sugar: 98g | Calcium: 258mg | Iron: 8.9mg

servings: 1 1/4 cup chocolate syrup **calories:** 599 kcal **author:** KRISTIN MARR

Recipe by Live Simply | <https://livesimply.me/diy-homemade-chocolate-milk-syrup-without-refined-sugar/>