

# Healthy Hot Cocoa Recipe

Happy Holidays from Magna Wellness! Join us this holiday season in a festive recipe that is low in sugar and simply delicious. This recipe makes a single serving of hot cocoa and can be doubled or tripled to serve your family and friends!

## Ingredients:

- 1 cup unsweetened almond milk (or milk of choice)
- 1 tablespoon raw cacao powder
- 1/2 tablespoon pure maple syrup (or low-sugar sweetener of choice)
- 1/4 teaspoon vanilla extract
- Pinch of fine sea salt

## Instructions:

1. Combine all the ingredients in a saucepan over medium heat and stir. Use a whisk to break up any lumps. Keep stirring until smooth and piping hot.
2. Pour the hot chocolate into a mug and serve warm. Top with a few mini marshmallows or a dollop of whipped cream if you desire. Enjoy!



## Nutrition Facts

Calories: 81 kcal

Carbohydrates: 11.8 g

Dietary Fiber: 2.8 g

Total sugars: 6.2 g

Fat: 4.3 g

Protein: 2.1 g

Sodium: 416 mg



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