

# Frozen Hot Chocolate

**NUMBER OF SERVINGS: 4**

## Ingredients

- Skim milk powder  $\frac{1}{3}$  cup (80 mL)
- White sugar  $\frac{1}{3}$  cup (80 mL)
- Cocoa powder 2 Tbsp (30 mL)
- Melted chocolate 2 Tbsp (30 mL)
- Salt Pinch
- Vanilla extract 1 tsp (5 mL)
- 10% cream 1 cup (250 mL)
- Ice 3 cups (750 mL)

## Directions

1. Mix dry ingredients (skim milk powder, white sugar, cocoa powder and salt) together in a small bowl.
2. Add ice, cream, melted chocolate and vanilla to blender. Blend on high speed to break up ice a little bit.
3. Add dry ingredients to blender and continue to blend until smooth.
4. Serve in small bowls or martini glasses and garnish with whipped cream and chocolate shavings.



Ontario has almost 4,000 dairy farms.



Milk is rich in calcium and vitamin D, which are both important for bone health.



Reduce the ingredients by half when serving 2 people.

## NUTRITION PER SERVING

Calories 211 | Protein 6g | Fat 9g | Carbohydrates 29g | Fibre 1.2g | Sodium 118mg

# Beverages



Recipe  
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