

Almond Coconut Hot Chocolate



Ingredients:

- 4 cups unsweetened almond milk
- ¼ cup almonds (sliced)
- ¼ cup cocoa powder
- ¼ cup Splenda sugar blend
(or substitute with ¼ cup monk fruit sweetener if desired)
- ½ tsp coconut extract ½ cup
whipped topping (fat free)

Directions:

1. Add almonds to a dry sauté pan over medium heat and sauté until lightly toasted. Set aside.
2. Add almond milk, cocoa powder, Splenda and coconut extract to a blend and blend until slightly foamy.
3. Add hot chocolate mixture to a saucepan over medium heat and bring to a simmer.
4. Serve in mug or glass of choice. Top with 2 tbsp whipped topping and sprinkle with 1 tbsp toasted almonds.

Nutritional Information:

Calories	105
Total Fat.....	7 g
Saturated Fat	0.9 g
Cholesterol	0 mg
Total Carbohydrate....	11 g
Dietary Fiber	3 g
Total Sugar	5 g
Protein	3 g
Sodium	190 mg

Serving Size 1 cup
(plus 2 tbsp whipped topping and 1 tbsp
sliced almonds)

Recipes Yields.....4 servings

Prep time: 5 minutes

Adjusted from:
<https://www.diabetesfoodhub.org/recipes/bonus-recipe-almond-joy-hot-chocolate.html>

hoag.org/healthyrecipes