

Hot Chocolate

1 cup of 'cocoquench' coconut milk

1 tsp of organic cocoa powder

1/2 tsp of xylitol, stevia, agave or pure honey

Heat milk in saucepan.

Place the cocoa and xylitol into the mug. Once the milk is getting small bubbles it should be warm enough. Pour into the mug and stir.

This hot chocolate is much lower in sugar than drinking chocolate or milo. It is nice to have something like this on those cold days or at night before bed. Sweet dreams.