



# Low-Carb Hot Cocoa Mix

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1 cup dry milk  
1/2 cup unsweetened cocoa powder  
1/2 cup splenda  
2 tablespoons vanilla powder — \*optional  
1 teaspoon ground cinnamon

Combine all into a blender, (use the liquefy button, it works great!) and "liquefy" until fine powder consistency.

To use, add 1 T to a mug of hot water.

739 Calories; 40g Fat (41.3% calories from fat); 42g Protein;  
86g Carbohydrate; 16g Dietary Fiber; 124mg Cholesterol; 485mg Sodium.

(Vanilla Powder is not included in above figures)

Submitted to Budget101.com by Arielle

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