Peppermint Hot Chocolate

GREEN ACT/SA / **Everyday NSW**

Makes 10 serves

Ingredients:
- 2.5 litres fat reduced milk
- 10 tablespoons drinking chocolate powder
- ¼ teaspoon peppermint essence

Method:
1. In a non-stick saucepan heat the milk up on a low heat for 5-10 minutes, stirring occasionally
2. Remove the saucepan from the heat and whisk in the chocolate powder and peppermint essence
3. Return to the stove and stir for a further 2-3 minutes
4. Pour into a serving jug and divide evenly into 10 cups

Variations: Try alternating between different essences such as vanilla or rose.

Nutrition information:

	Per serve (250g)	Per 100g
Energy (kJ)	785	314
Protein (g)	10.8	4.3
Fat – total (g)	3.8	1.5
Fat – saturated (g)	2.8	1.1
Carbohydrates – total (g)	27.3	10.9
sugar (g)	27.3	10.9
Sodium (mg)	132	53
Fibre (g)	0	0