

Low Sugar Holiday Hot Chocolate

Yields: 1 serving | **Cook Time:** no bake recipe



Ingredients

- 8 g Allulose
- 0.06 g Stevia
- 3.525 g Cocoa Powder
- 3.29 g Quick Milk Powder
- 1.72 g Chocolate Flavor
- 0.47 g Salt
- 0.235 g Tri-potassium Citrate

Directions

- 1) Combine all of the ingredients mixing well
- 2) Heat 8-ounces of water
- 3) Stir in mixture until completely dissolved

Nutrition Facts	
servings per container	
Serving size	(21g)
Amount per serving	
Calories	40
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 59mg	4%
Iron 2mg	10%
Potassium 325mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.