

Ideal<sup>®</sup> Hot Cocoa Mix *Servings: 10 - 9.5 oz portions or 36 TBS*

## Ingredients

1 c dry nonfat milk powder  
1 c Ideal<sup>®</sup> No Calorie Sweetener  
½ c unsweetened cocoa powder  
½ c non-dairy creamer  
Dash (1/16 of a tsp) salt

## Directions

1. Place all ingredients in blender and pulverize until powder
2. Put in airtight container and store in a dark location
3. Dissolve 3-4 TBS into one cup boiling water



*Per Serving: Per Serving: 70 Calories; 3 g Protein; 1.5 g Total Fat; 12 g Carbohydrates; 1 g Fiber; 3 g Sugar; 170 mg Sodium; 0 mg Cholesterol*