



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

Hot Cocoa mix

Ingredients

- 10 cups dry non-fat milk powder
- 4 $\frac{3}{4}$ cups sifted confectioners' sugar
- 1 $\frac{3}{4}$ cups unsweetened cocoa powder
- 1 $\frac{3}{4}$ cups powdered non-dairy creamer

Directions

1. Combine all ingredients in a large bowl. Stir until thoroughly combined. Store in an airtight container.
2. To make cocoa, place $\frac{1}{3}$ cup mixture in a coffee cup or mug. Add $\frac{3}{4}$ cup boiling water. Stir to dissolve.

Nutrition Information Makes 45 servings (15 cups)

Per serving:

- Calories: 140
- Fat: 1.5g
- Carbohydrate: 27g
- Protein: 6g
- Fiber: 1g
- Sodium: 85mg



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Eat Smart