

Homemade Hot Chocolate (From Cocoa Powder)

Serves 1 · 5 min prep · 290 cal · 10 g protein

YOU NEED

2 tbsp unsweetened cocoa powder

1½ tbsp sugar

1 pinch salt

1 cup whole milk

¼ tsp vanilla extract

¼ cup mini marshmallows (optional)

METHOD

1. In a small saucepan, whisk the cocoa, sugar and salt with 2-3 tablespoons of the milk to make a smooth paste.
2. Whisk in the rest of the milk. Warm over medium-low heat, whisking, until steaming: about 3-5 minutes. Don't let it boil.
3. Take off the heat and stir in the vanilla.
4. Pour into a mug and top with marshmallows or whipped cream.

Tip: Dutch-process cocoa gives a smoother, darker, less bitter cup; natural cocoa is fruitier.

Thick European Drinking Chocolate

Serves 2 · 10 min prep · 535 cal · 9 g protein

YOU NEED

1 cup whole milk

4 tbsp heavy cream

4 oz dark chocolate (60-70%),
chopped

½ tbsp sugar

1 tsp cornstarch (optional, for extra
thickness)

1 pinch salt

METHOD

1. Warm the milk and cream in a saucepan until steaming.
2. If using cornstarch, whisk it with a tablespoon of cold milk first, then whisk into the pan.
3. Remove from the heat and add the chopped chocolate, sugar and salt. Let sit 1 minute, then whisk until smooth.
4. Return to low heat and whisk 2-3 minutes until it thickens slightly and coats a spoon.

Tip: Use a 60-70% bar you'd happily eat; chocolate chips contain stabilizers that keep them from melting smoothly.

Mexican Hot Chocolate

Serves 2 · 10 min prep · 330 cal · 9 g protein

YOU NEED

2 cups whole milk

3 oz Mexican chocolate (such as Abuelita or Ibarra) (1 tablet, roughly chopped)

1 cinnamon stick

½ tsp vanilla extract

1 pinch ancho chili powder (optional)

1 pinch salt

METHOD

1. Warm the milk with the cinnamon stick over medium heat until steaming, about 5 minutes.
2. Add the chopped chocolate and whisk until melted.
3. Remove the cinnamon stick; stir in the vanilla, chili and salt.
4. Whisk vigorously (or blend for 10 seconds) until foamy, then pour into mugs.

Tip: No Mexican chocolate? Use 2 oz semisweet chocolate, 1 tbsp sugar and ½ tsp ground cinnamon.

Champurrado (Mexican Chocolate Atole)

Serves 4 · 10 min prep · 255 cal · 7 g protein

YOU NEED

1 cup cold water

4 tbsp masa harina

3 cups whole milk

3 oz Mexican chocolate (such as Abuelita or Ibarra)

2 tbsp brown sugar

1 cinnamon stick

½ tsp vanilla extract

METHOD

1. Whisk the masa harina into the water until completely smooth.
2. In a saucepan, warm the milk with the cinnamon stick, chocolate and brown sugar, whisking until the chocolate melts.
3. Whisk in the masa mixture. Simmer gently, whisking constantly, for 8-10 minutes until thick.
4. Remove the cinnamon stick, stir in the vanilla and serve hot.

Tip: Whisk constantly once the masa goes in: it scorches easily.

Peppermint Hot Chocolate

Serves 1 · 5 min prep · 435 cal · 11 g protein

YOU NEED

1 cup whole milk

1½ oz semisweet chocolate, chopped

1 tbsp unsweetened cocoa powder

½ tbsp sugar

⅛ tsp peppermint extract

2 tbsp whipped cream, for topping

½ crushed candy cane, for topping (for topping)

METHOD

1. Whisk the cocoa and sugar with a splash of milk into a paste in a saucepan.
2. Add the rest of the milk and the chopped chocolate. Warm over medium-low heat, whisking, until steaming: about 3-5 minutes. Don't let it boil.
3. Stir in the peppermint extract, tasting as you go.
4. Pour into a mug, top with whipped cream and crushed candy cane.

Tip: Rim the mug with melted chocolate and crushed candy cane for a festive look.

Salted Caramel Hot Chocolate

Serves 1 · 5 min prep · 525 cal · 12 g protein

YOU NEED

1 cup whole milk

1½ oz milk chocolate, chopped

1 tbsp unsweetened cocoa powder

2 tbsp caramel sauce

1 pinch salt (flaky sea salt, plus more to finish)

2 tbsp whipped cream, for topping

METHOD

1. Whisk the cocoa with a splash of milk into a paste.
2. Add the remaining milk, chopped chocolate and 1½ tablespoons of caramel. Warm over medium-low heat, whisking, until steaming: about 3-5 minutes. Don't let it boil.
3. Stir in a pinch of salt and taste.
4. Top with whipped cream, a drizzle of the remaining caramel and a few flakes of salt.

Tip: Homemade or jarred caramel both work; thick "dulce de leche" style is great too.

White Hot Chocolate

Serves 1 · 5 min prep · 385 cal · 10 g protein

YOU NEED

1 cup whole milk

1½ oz white chocolate, chopped

½ tsp vanilla extract

1 pinch salt

1 pinch nutmeg (to finish)

METHOD

1. Warm the milk until steaming.
2. Remove from the heat and add the chopped white chocolate; let sit 1 minute, then whisk until smooth.
3. Stir in the vanilla and salt.
4. Pour into a mug and dust with nutmeg.

Tip: Look for “cocoa butter” in the ingredients; white “baking chips” often don’t melt smoothly.

Nutella Hot Chocolate

Serves 1 · 5 min prep · 360 cal · 11 g protein

YOU NEED

1 cup whole milk

2 tbsp Nutella (hazelnut spread)

1 tbsp unsweetened cocoa powder

1 pinch salt

METHOD

1. Whisk the cocoa and Nutella with a splash of milk into a smooth paste.
2. Add the rest of the milk. Warm over medium-low heat, whisking, until steaming: about 3-5 minutes. Don’t let it boil.
3. Add a pinch of salt and pour.

Tip: Top with chopped toasted hazelnuts.

Slow Cooker Hot Chocolate for a Crowd

Serves 12 · 10 min prep · 290 cal · 9 g protein

YOU NEED

10 cups whole milk

14 tbsp sweetened condensed milk
(about $\frac{2}{3}$ of a 14-oz can)

8 oz semisweet chocolate, chopped

4 tbsp unsweetened cocoa powder

2 tsp vanilla extract

1 pinch salt

METHOD

1. Whisk the cocoa with 1 cup of the milk until smooth.
2. Add everything to a 5-6 quart slow cooker and whisk.
3. Cook on LOW for 2 hours, whisking every 30 minutes, until hot and the chocolate is melted.
4. Turn to WARM and set out toppings: marshmallows, whipped cream, crushed candy canes and cinnamon sticks.

Tip: Keep it on WARM, not HIGH, or a skin will form.

Dairy-Free Oat Milk Hot Chocolate

Serves 1 · 5 min prep · 285 cal · 6 g protein

YOU NEED

1 cup oat milk

2 tbsp unsweetened cocoa powder

$\frac{1}{2}$ oz dark chocolate (60-70%),
chopped

3 tsp maple syrup (optional)

1 pinch salt

$\frac{1}{4}$ tsp vanilla extract

METHOD

1. Whisk the cocoa and maple with a splash of oat milk into a paste.
2. Add the rest of the oat milk and the chocolate. Warm over medium-low heat, whisking, until steaming: about 3-5 minutes. Don't let it boil.
3. Stir in the vanilla and salt.

Tip: Check your dark chocolate label for milk if you're strictly dairy-free or vegan.

Lower-Sugar Hot Chocolate

Serves 1 · 5 min prep · 140 cal · 9 g protein

YOU NEED

1 cup unsweetened soy milk

2 tbsp unsweetened cocoa powder

2 tsp maple syrup (optional)

¼ tsp ground cinnamon

¼ tsp vanilla extract

1 pinch salt

METHOD

1. Whisk the cocoa, maple and cinnamon with a splash of milk into a paste.
2. Add the remaining milk. Warm over medium-low heat, whisking, until steaming: about 3-5 minutes. Don't let it boil.
3. Stir in the vanilla and salt.

Tip: Vanilla and a pinch of salt make it taste sweeter than it is.

Peanut Butter Hot Chocolate

Serves 1 · 5 min prep · 460 cal · 16 g protein

YOU NEED

1 cup whole milk

1½ tbsp peanut butter

1 oz semisweet chocolate, chopped

1 tbsp unsweetened cocoa powder

½ tbsp sugar

1 pinch salt

METHOD

1. Whisk the cocoa, sugar and peanut butter with a splash of milk.
2. Add the remaining milk and chopped chocolate. Warm over medium-low heat, whisking, until steaming: about 3-5 minutes. Don't let it boil.
3. Whisk until smooth and pour.

Tip: Use regular creamy peanut butter: natural styles can separate.