

Skinny Peppermint Hot Chocolate



Estimated cost
per recipe:

\$ 1.25

Estimated cost
per serving:

42¢

Creamy decadent hot chocolate is a favorite in the winter season. This homemade recipe is a nice alternative to some of the pricey, higher calorie cocoa options at local chains. This protein and calcium rich option can be a perfect way to warm up on a cold winter's night!

Ingredients:

- 3 cups skim milk
- 4 teaspoons sugar
- ¼ teaspoon peppermint extract
- ¼ teaspoon vanilla extract
- Pinch Kosher salt
- ¼ cup semisweet chocolate chips

Directions:

Heat milk in a small saucepan on medium-high until the milk is hot and begins to steam. *Make sure to stir continuously to avoid scorching.* Remove pan from heat and whisk in sugar, peppermint, vanilla extracts, salt and semisweet chocolate chips. Continue to whisk until the chocolate is completely melted. Pour into mugs and top with a dash of cinnamon if desired.

NUTRITION INFORMATION

Serving Size: 8 ounces
Servings per Recipe: 3

Calories	205
Total fat	5 g
Saturated fat	3 g
Trans fat	0 g
Cholesterol	5 mg
Sodium	138 mg
Potassium	391 mg
Carbohydrate	32 g
Fiber	1 g
Sugars	26 g
Protein	8 g

Recipe from: <http://www.joybauer.com/healthy-recipes/peppermint-hot-cocoa/>

©2016 Alyfe Wellbeing Strategies. All rights reserved.

ThriveOn
Your Health and Wellness Program

Milk: Why all the Hype?

- The USDA recommends that adults of all ages consume at least three cups of low-fat dairy per day.
 - 1 cup of milk, yogurt, cottage cheese
 - 1 ½ ounces of natural cheese, or 2 ounces of processed cheese
- Milk is high in essential nutrients like vitamin D, calcium, potassium and protein.
- Low-fat milk contains the essential nutrients that are found in whole milk, but is lower in calories and fat.
- Don't consume dairy? Soy milk is a good alternative. 1 cup soy milk contains similar nutrients when compared to dairy milk.

Maintain Don't Gain!

Did you know you can maintain your weight throughout the holiday season? Small subtle changes to your diet over time can make a dramatic difference. Cutting 100 calories per day from your diet will help you shed an extra 10 pounds per year! Here are some excellent ways to save 100 calories per day:

- Switch to 1% or low fat milk
- Choose water instead of juice or soda
- Read beverage labels to help you monitor portion size
- When ordering your favorite hot beverage, consider the following: Ask for skim milk instead of whole, skip the whip; ask for only one pump of sugar or syrup; or order the small size not the large.

Sources: <http://www.diabetes.org/>

<https://www.nationaldairyCouncil.org/>

Bonus Recipe Skinny Virgin Eggnog

Ingredients:

- 2 cups skim milk
- 2 large strips orange or lemon zest
- 2 tsp. vanilla extract
- 2 large eggs plus 1 egg yolk
- ½ cup sugar
- 1 tsp. cornstarch
- Freshly grated nutmeg for garnish

Directions:

Combine 1½ cups milk and citrus zest in a medium saucepan. Add the vanilla extract and bring to a simmer over medium heat. Whisk the eggs, egg yolk, sugar and cornstarch in a medium bowl until light yellow. Gradually pour the hot milk mixture into the egg mixture, whisking constantly for one minute. Immediately pour back into the pan. Place over medium heat. Stir constantly with a wooden spoon in a figure-eight motion until the eggnog begins to thicken, about 8 minutes. Remove from heat and immediately stir in remaining ½ cup milk. Transfer eggnog to a large bowl. Place the large bowl of eggnog on top of a larger bowl of ice to cool. Chill in the refrigerator until ready to serve. Garnish with nutmeg.

NUTRITION INFORMATION	
Serving Size: 4 ounces	
Calories	90
Total fat	2 g
Saturated fat	1 g
Cholesterol	96 mg
Sodium	59 mg
Carbohydrate	13 g
Fiber	0 g
Protein	5 g

Recipe from: <http://www.foodnetwork.com/recipes/food-network-kitchens/low-fat-eggnog-recipe.html?oc=linkback>

Modifications by: Monica Menser RDN, LD

