

## *Christmas Cocoa (sugar free)*

It's old fashioned, it's comforting, it makes the kitchen smell wonderful and it's good for the soul.

### Ingredients

⅓ cup unsweetened cocoa powder

¼ cup SLENDA® No Calorie Sweetener, Granulated

1 pinch salt

⅓ cup boiling water

3½ cups nonfat milk

¾ teaspoon vanilla extract

½ cup fat-free half-and-half

Mix together the cocoa, SLENDA® Granulated Sweetener, and pinch of salt in a saucepan. Blend in the boiling water. Bring this mixture to an easy boil while you stir. Simmer, and stir for about 2 minutes. Watch that it doesn't scorch. Stir in 3½ cups of milk and heat until very hot, but do not boil! Remove from heat, and add vanilla. Divide between 4 mugs. Pour 2 tablespoons half-and-half into each mug of cocoa , and serve

Nutrition Facts  
Servings Per Recipe: 4

Amount Per Serving  
Calories: 110  
Calories from Fat: 10  
Total Fat: 1.5g  
Saturated Fat: 1.0g  
Cholesterol: 10mg  
Sodium: 240mg  
Total Carbs: 17g  
Dietary Fiber: 2g  
Sugars: 13g  
Protein: 10g  
Serves: 4  
Prep Time: 2 Minutes  
Cook Time: 5 Minutes