



HOT CHOCOLATE

By Dr. Cindy Tanzar
(Vegan Option)

A rich, creamy, and guilt-free twist on a classic comfort drink—perfect for cozy evenings or special occasions. This recipe blends smooth cocoa, chocolate, and your choice of dairy or non-dairy cream for a decadent cup of hot chocolate without the sugar crash.

Makes 4 servings.



INGREDIENTS

- 3/4 cup Allulose* or Swerve Confectioners
- 1/4 cup Dutch cocoa** (can use reg. unsweetened cocoa)
- 3-1/2 cups unsweetened coconut or almond milk
- 1/4 cup Lily's chocolate chips (can use 2 extra Tbsp cocoa powder instead)
- 1 cup heavy cream or (full-fat canned coconut milk for vegan/veg.)
- 1/2 tsp. vanilla extract



* Allulose can be found on most baking aisles, health food stores or Amazon. It is very similar to Swerve, but doesn't have the aftertaste.

** Dutch cocoa is in the baking aisle and is less acidic and a little better tasting in this recipe.

DIRECTIONS

In a large saucepan, combine Allulose/Swerve, cocoa powder, almond milk and chocolate chips (or cocoa powder). Bring to a boil and simmer 2 minutes, stirring frequently.

Reduce heat to low and stir in heavy cream. Heat but do not boil.

Remove from heat and add vanilla. Adjust sweetener with more Swerve or liquid stevia, if desired. Can try using flavored extracts (peppermint) or stevia (caramel, etc.), as well.