Enlightened Hot Chocolate
in a new light

Makes: 4 servings
Prep Time: 5 minutes
Cook Time: 12 minutes
Difficulty: Easy

Ingredients:

- 2 tablespoons cornstarch
- 3 cups nonfat milk, divided
- 2 tablespoons plus 1 teaspoon unsweetened cocoa
- 3 tablespoons sugar
- 1 vanilla bean, split lengthwise, or 1 tablespoon vanilla extract
- 2 ounces good-quality bittersweet chocolate (60–70% cacao), chopped
- 1/2 cup fat-free half-and-half, steaming hot

Directions:

Sprinkle cornstarch over 1/2 cup of the nonfat milk in a small bowl and whisk to dissolve. Whisk in cocoa and sugar until smooth.

In a heavy-bottomed medium saucepan over low heat, bring the remaining 2 1/2 cups nonfat milk and the vanilla bean just to a simmer. Remove the bean, scrape the vanilla seeds into the milk, and discard the bean. Gradually whisk the cocoa mixture into the milk.

Cook, whisking often, until the mixture comes to a full boil, about 3 minutes. Remove from the heat and, if using vanilla extract, stir it in now.

Add chopped chocolate and hot half-and-half; mix until smooth. Strain through a wire sieve into four mugs and serve at once. If not using immediately, cover surface with a piece of plastic wrap to prevent a skin from forming.

Cook's Note: Any kind of flavor (preferably sugar-free) can be added. Try raspberry, cinnamon, or holiday ginger-spice. Or substitute milk or white chocolate for the bittersweet chocolate.

Nutritional Information: *Per serving (3/4 cup): 230 calories, 7 g fat (4 g saturated, 0 g trans), 5 mg cholesterol, 140 mg sodium, 34 g carbohydrate, 1 g fiber, 9 g protein.*

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.

Diabetes Care and Education
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eat right. Academy of Nutrition and Dietetics

A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.

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