

Peppermint Hot Chocolate

Ingredients:

- 1 Cup Skim or 1% Milk (Plus 1 Tablespoon)
- 4 Teaspoons Unsweetened Cocoa Powder
- 1 Teaspoon Honey
- 1 Peppermint Tea Bag

Directions:

- Heat one cup of milk in a microwave safe container for about one minute
- Add 1 tablespoon of milk and the cocoa powder to a mug
- Mix with a fork until it makes a liquid
- Add the warm milk to the mug
- Add the honey and mix together
- Add the tea bag to the mug
- Let steep before drinking



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