

Hot Cocoa Mix

Cold kids will warm up fast!

14 servings

Ingredients:

- 3 cups nonfat dry milk powder
- 1/2 cup sugar
- 1/2 cup unsweetened cocoa powder
- 1/2 cup nonfat dairy creamer

Directions:

To prepare mix:

1. Measure ingredients into mixing bowl; stirring well to combine ingredients.
2. Store prepared mix in a covered container or in a reclosable plastic bag.

To prepare drink:

1. Fill a microwave-safe mug 3/4 full of water. Microwave for 2 minutes on high.
2. Measure 1/3 cup hot cocoa mix and stir into hot water.

Nutrition Facts: One serving provides 90 calories, 0.5g total fat, 5mg cholesterol, 80mg sodium, 18g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice
Hot Cocoa Mix
Cinnamon Toast

Hot Cocoa Mix

Cold kids will warm up fast!

14 servings

Ingredients:

- 3 cups nonfat dry milk powder
- 1/2 cup sugar
- 1/2 cup unsweetened cocoa powder
- 1/2 cup nonfat dairy creamer

Directions:

To prepare mix:

1. Measure ingredients into mixing bowl; stirring well to combine ingredients.
2. Store prepared mix in a covered container or in a reclosable plastic bag.

To prepare drink:

1. Fill a microwave-safe mug 3/4 full of water. Microwave for 2 minutes on high.
2. Measure 1/3 cup hot cocoa mix and stir into hot water.

Nutrition Facts: One serving provides 90 calories, 0.5g total fat, 5mg cholesterol, 80mg sodium, 18g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice
Hot Cocoa Mix
Cinnamon Toast

Hot Cocoa Mix

Cold kids will warm up fast!

14 servings

Ingredients:

- 3 cups nonfat dry milk powder
- 1/2 cup sugar
- 1/2 cup unsweetened cocoa powder
- 1/2 cup nonfat dairy creamer

Directions:

To prepare mix:

1. Measure ingredients into mixing bowl; stirring well to combine ingredients.
2. Store prepared mix in a covered container or in a reclosable plastic bag.

To prepare drink:

1. Fill a microwave-safe mug 3/4 full of water. Microwave for 2 minutes on high.
2. Measure 1/3 cup hot cocoa mix and stir into hot water.

Nutrition Facts: One serving provides 90 calories, 0.5g total fat, 5mg cholesterol, 80mg sodium, 18g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice
Hot Cocoa Mix
Cinnamon Toast

Hot Cocoa Mix

Cold kids will warm up fast!

14 servings

Ingredients:

- 3 cups nonfat dry milk powder
- 1/2 cup sugar
- 1/2 cup unsweetened cocoa powder
- 1/2 cup nonfat dairy creamer

Directions:

To prepare mix:

1. Measure ingredients into mixing bowl; stirring well to combine ingredients.
2. Store prepared mix in a covered container or in a reclosable plastic bag.

To prepare drink:

1. Fill a microwave-safe mug 3/4 full of water. Microwave for 2 minutes on high.
2. Measure 1/3 cup hot cocoa mix and stir into hot water.

Nutrition Facts: One serving provides 90 calories, 0.5g total fat, 5mg cholesterol, 80mg sodium, 18g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice
Hot Cocoa Mix
Cinnamon Toast