

Hot Cocoa Mix

Cold kids will warm up fast!



Level: Easy

Makes 14 cups of cocoa

Kids' Tool Kit

Large mixing bowl
Large container with lid
Measuring cups
Spoon
Mug



Ingredients:

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



Directions:

Remember to wash your hands!

To prepare mix:

1. Measure ingredients into mixing bowl, stirring well to combine.

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.



Chef's Choice

Hot Cocoa Mix
Cinnamon toast



Helpful Hints: This mix is easy to make and store, and costs a lot less than the kinds you buy at the store. Kids love its creamy, chocolatey flavor, and it makes a great warm drink for cold days. Keep a canister of mix ready as part of a healthy after-school snack - maybe with some mini-marshmallows!



Safety Tip: Be sure kids know how to safely use the microwave oven and know which cups are safe to use. Cooks of all ages: Remember to use caution! Hot cups with hot liquids can really burn, putting a chill on cooking enthusiasm!

Nutrition Facts

Serving Size 4 1/2 c. dried mix (35g)
Servings Per Container 14 c. hot cocoa

Amount Per Serving		Calories from Fat 5
% Daily Value*		
Total Fat 0.5g		1%
Saturated Fat 0g		0%
Cholesterol 5mg		1%
Sodium 80mg		3%
Total Carbohydrate 18g		6%
Dietary Fiber 1g		4%
Sugars 15g		
Protein 6g		
Vitamin A 6%	•	Vitamin C 2%
Calcium 20%	•	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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.