

Dry Hot Chocolate Mix Sugar Free

Makes 16 Servings

Preparation: 10 minutes

Yield: 1 cup mix

Preferred ingredients: Hershey's Special Dark unsweetened cocoa powder, or Guitard Cocoa Rouge, cocoa powder, and Ghiradelli unsweetened baking chocolate bar (comes in a 4-ounce tall, thin package).

Carolyn T's BLOG: <https://tastingspoons.com>



2 1/2 tablespoons Erythritol or other sugar substitute, or more if you prefer a sweeter beverage
3/4 cup Dutch process or unsweetened cocoa powder, Guitard

1/3 cup grassfed collagen, optional
2 ounces unsweetened baking chocolate, Ghiradelli bar chocolate
1/4 teaspoon salt
1 teaspoon vanilla bean paste

1. Place all of the dry ingredients in a food processor bowl, breaking up (or chopping with a knife) the unsweetened chocolate bar into very small chunks. Add the vanilla bean paste last and drizzle it into the middle of the dry ingredients (toward the edge will smear the wet paste onto the workbowl side and not get incorporated into the mixture). Process on high until well combined. The cocoa powder tends to fly all over everywhere so put your hand over the top of the feed tube and be careful as you disassemble the food processor.

2. To make hot chocolate: Heat about 8-10 ounces of your favorite milk to a very high temperature but without boiling it. Once you add the dry mixture it cools off the milk, hence you want the milk to be extra hot. For extra richness add about one tablespoon of heavy cream to the hot milk. Stir in 1 - 1 1/2 tablespoons of mix until well dissolved. Use a French egg whisk (the kind with an up/down motion) to dissolve the mixture well, scraping to the bottom. Top with whipped cream if desired.

VARIATIONS (additions to the mixture above):

MOCHA: Add 2-3 tablespoons of espresso powder.

Salted CARAMEL: Add salted caramel collagen in place of the plain collagen, and add 1 teaspoon caramel extract if you have it.

MEXICAN: Add 1 1/2 teaspoon cinnamon and 1/2 teaspoon chipotle powder or a couple of dashes of cayenne.
Recipe adapted from alldayidreamaboutfood.com