

Featured Recipe at

The Nest

in Louisville Hall

Vanilla Hot Chocolate



In a microwave-safe mug, heat milk and cinnamon until the milk begins to bubble (about 2.5/3 minutes). While milk is warming, mix cocoa and sugar, add water; mix until pastelike. Remove cinnamon stick, add cocoa mix and vanilla to mug and whisk with fork until frothy. Let cool until drinkable.

- 1 cup nonfat milk
- 1 cinnamon stick
OR 1/8 tsp ground cinnamon
- 2 tsp unsweetened cocoa powder
- 2 tsp sugar
- 2 tsp water
- ¼ tsp vanilla extract

The Nest convenience store

located in Louisville Hall.

basicpantry
UofL Campus Health Services UofL Living Services
by students



Vanilla Hot Chocolate

Nutrition Facts

Serving Size 1 drink

Serving per Recipe 1

Amount per Serving

Calories 74

Calories from Fat 3.0

% Daily Value

Total Fat .33g

0%

Saturated Fat 12g

0%

Cholesterol 0mg

0%

Sodium 60mg

2%

Total Carbohydrate 9.16g

3%

Dietary Fiber 1.48g

5%

Sugars 6.92g

Protein 4.98g

9%

Est. Percent Calories From:

Fat

4%

Carbs

49%

Protein

27%

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

louisville.edu/healthpromotion

