

Mexican Hot Chocolate
SOURCE: ATKINS Cookbook

INGREDIENTS:

1 C cream
1 C water
5 tsp unsweetened cocoa powder
2 packets Splenda or other sweetener
1/2 tsp each vanilla extract and almond extract
1 stick (2" long) cinnamon (preferably delicate Mexican variety)

DIRECTIONS:

1. Combine all ingredients in a small saucepan. Heat over medium flame till scalded but not boiling - stir with a whisk. Turn off heat - cover and let steep 2 minutes. Stir well - serve with a cinnamon stick in coffee mugs.

Servings: 2

Prep time: 5 minutes

Carbohydrates: 6.5 grams

Net Carbs: 5.5 grams

Fiber: 1 grams

Protein: 3.5 grams

Fat: 44.5 grams

Calories: 436