

Sugar-Free Hot Cocoa



Serves 2

Ingredients:

- 1 cup heavy cream
- 1 cup water
- 1 tablespoon unsweetened cocoa powder
- 2 tablespoons low-carb sweetener
- $\frac{1}{8}$ teaspoon cinnamon

Instructions:

1. In a small sauce pan add all ingredients.
2. Using a whisk, stir all ingredients until the cream begins to steam.
3. Pour into a mug through a sieve to remove any remaining clumps of cocoa.
4. Top with an additional sprinkle of cinnamon or sugar-free whipped cream. Enjoy!

Nutrition per serving: Calories 422; Total Fat 44.4 g; Saturated Fat 27.6 g; Monounsaturated Fat 12.8 g; Polyunsaturated Fat 1.6 g; Total Carbohydrates 6.4 g; Dietary Fiber 1.1 g; Sugar Alcohols 0.0 g; Sugars 4.6 g; Protein 3.0 g; Sodium 51 mg