

Hot Cocoa Bar



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



407 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup cocoa powder
- ☐ 1 cup confectioners' sugar
- ☐ 1 teaspoon cornstarch
- ☐ 6 cups milk
- ☐ 12 ounces milk chocolate morsels
- ☐ 1 teaspoon sea salt fine
- ☐ 0.5 vanilla pod split

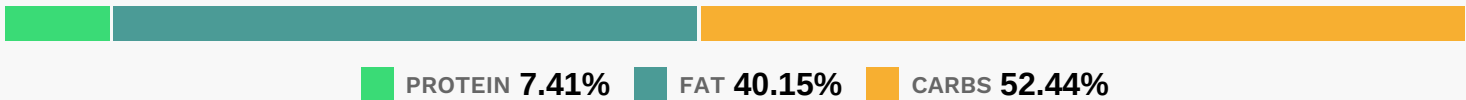
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Cinnamon sticks, candied orange zest, caramel, whipped cream, almond milk, marshmallows, mint chocolate bars, shaved chocolate, Nutella, peppermints, crystallized ginger and chipotle pepper powder
- ☐ Whisk together the confectioners' sugar, cocoa powder, cornstarch and salt in a saucepan (one with a spout if you have one). Make sure to mix it really well.
- ☐ Whisk the milk in slowly, you don't want any lumps.
- ☐ Add the vanilla seeds and pod.
- ☐ Place over medium heat and bring to a slight simmer. Cook until thickened, about 5 minutes.
- ☐ Remove the vanilla bean and stir in the milk chocolate morsels until melted. Keep warm until serving.
- ☐ Cocoa Bar Setup: Arrange or display all the various flavorings your guests will enjoy. If you know your guests will want to try multiple combinations, have espresso cups available, so the hot cocoa will last longer and guest won't feel so bad trying multiple cups.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:3.25, Inflammation Score:-5, Nutrition Score:10.819130247054%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 406.97kcal (20.35%), Fat: 19.52g (30.04%), Saturated Fat: 11.87g (74.16%), Carbohydrates: 57.39g (19.13%), Net Carbohydrates: 53.41g (19.42%), Sugar: 47.96g (53.29%), Cholesterol: 21.96mg (7.32%), Sodium: 362.8mg (15.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.73mg (8.24%), Protein: 8.11g (16.22%),

Calcium: 269.56mg (26.96%), Phosphorus: 263.77mg (26.38%), Manganese: 0.42mg (21.06%), Copper: 0.41mg (20.53%), Magnesium: 75.62mg (18.9%), Vitamin B2: 0.28mg (16.55%), Vitamin B12: 0.99µg (16.47%), Potassium: 559.76mg (15.99%), Fiber: 3.98g (15.92%), Vitamin D: 2.01µg (13.42%), Zinc: 1.48mg (9.9%), Iron: 1.51mg (8.37%), Vitamin B1: 0.11mg (7.39%), Selenium: 5.11µg (7.3%), Vitamin B5: 0.71mg (7.1%), Vitamin B6: 0.12mg (6.22%), Vitamin A: 296.46IU (5.93%), Vitamin B3: 0.43mg (2.13%)