

DRINKS

Mexican Hot Chocolate

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
15 min	5 min	10 min	2	\$1.39	440 kcal

The recipe Mexican Hot Chocolate is ready in approximately 15 minutes and is definitely a great gluten free option for lovers of Mexican food. This recipe serves 2. One portion of this dish contains about 10g of protein, 27g of fat, and a total of 440 calories.

Ingredients

- ☐ 4 ounces Mexican chocolate, chopped
- ☐ 2 cups milk
- ☐ 1 teaspoon vanilla extract

EQUIPMENT Sauce pan, Whisk, Immersion blender

Method

- 1

Stir together 2 cups milk, chopped Mexican chocolate, and vanilla extract in a saucepan over low heat until chocolate melts and mixture is smooth. Cook, whisking constantly, just until mixture is thoroughly heated.
- 2

Remove from heat, and whisk mixture until foamy. (An immersion blender also works well.)
- 3

Pour evenly into 2 mugs; top with whipped cream, and add a cinnamon stick, if desired.

Nutrition per serving

440

KCAL

10 g

PROTEIN

27 g

FAT

46 g

CARBS

Saturated Fat

15.9 g · 100% of daily needs

Fibre

3.1 g · 12% of daily needs

Sugar

41.2 g · 46% of daily needs

Sodium

102 mg · 4% of daily needs

Cholesterol

29.3 mg · 10% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/mexican-hot-chocolate-148302