

Mexican Hot Chocolate

from NourishedKitchen.com

Ingredients

- 1 cup whole milk
- 2 ounces fair trade 70% chocolate bar broken into pieces or 1/4 cup chips
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon ground ceylon cinnamon
- 1/8 teaspoon chipotle chili powder or more to taste
- pinch cayenne powder
- finely ground real salt
- desired amount of infused coconut oil/butter or powder
- whipped cream (optional to serve)
- chocolate shavings (optional to serve)

Instructions

- Pour milk in a pot and place over medium heat. Add in the chocolate and stir until well-combined. When the chocolate is melted, add the vanilla, cinnamon, chipotle powder, salt, infused fat and additional sweetener/cayenne pepper if using. If you have an immersion blender, give the hot chocolate a quick whir before serving. Another option is to transfer the hot chocolate to a blender and blend on high until the texture is velvety smooth. Add optional cream and chocolate shavings if desired and serve.

Notes

Makes 1 cup.