

---

# Mexican Hot Chocolate

*Bonnie Welch and Deanna White*

*Kitchen Keepsakes - Castle Rock, CO - 1989*

Servings: 10

**1/2 cup sugar**

**1/3 cup unsweetened cocoa powder**

**2 tablespoons flour**

**1 teaspoon ground cinnamon**

**1/2 teaspoon salt**

**1 1/2 cups cold water**

**6 cups milk**

**1 tablespoon vanilla**

**cinnamon sticks (for garnish)**

**whipped cream (for garnish)**

In a large saucepan, combine the sugar, cocoa powder, flour, cinnamon and salt. Stir in the cold water and bring to a boil, stirring constantly. Reduce the heat and simmer, stirring often.

Slowly stir in the milk and heat almost to boiling. Remove from the heat. Add the vanilla.

With a rotary beater or mixer, beat the mixture until it is frothy.

Serve in mugs or cups garnishing each with a cinnamon stick or a dollop of whipped cream

## **Beverages**

---

*Per Serving (excluding unknown items): 145 Calories; 5g Fat (31.7% calories from fat); 6g Protein; 20g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 180mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.*