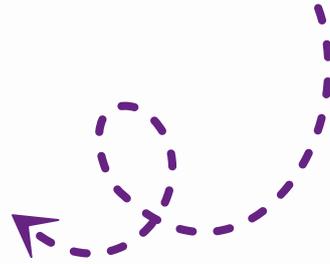


Frothy Hot Chocolate



Classification:

Everyday

Serves:

2

Prep. Time:

5 min

Cooking Time:

0 min

Ingredients:

- Cocoa drinking powder, plus extra for serving
- Vanilla essence
- Milk

Equipment:

- Measuring cup
- Tablespoon
- Clean 3-litre milk bottle empty or whisk blender or plunger
- Microwave
- 250ml cups

Method:

1. Pour the cold milk, cocoa powder, and vanilla essence into an empty 3-litre milk bottle so that it is just over half full. Securely close the bottle for 2 minutes.
2. Vigorously shake the bottle for 2 minutes.
3. Pour straight into small individual 250ml cups and microwave for 60 seconds. Microwaving maintains the frothiness of the chocolate milk.
4. Sprinkle the top with cocoa or cinnamon to serve.

Tips and Variations:

- If this method of frothing up the milk is not achieved in your canteen, try using a hand whisk, blender or coffee plunger.
- Try making a spicy hot chocolate by adding a sprinkle of cinnamon, ground ginger and nutmeg.
- Choose reduced-fat varieties milk.
- Trial a variety of different milks to add variety such as calcium-fortified almond milk, soy milk or drinking coconut milk.