

## Spiced Hot Cocoa

This low-fat version of hot cocoa has a Mexican twist! I add lots of spices and a hint of chili pepper to give it that extra warm flavor.

*Serves 2*

### **Ingredients**

3 cups non-fat, skim milk  
2 tablespoons unsweetened cocoa powder  
1/2 cup brown sugar  
1/4 teaspoon cinnamon  
1/8 teaspoon allspice  
1/8 teaspoon salt  
pinch cayenne

### **Directions**

Combine all ingredients in a medium saucepan. Warm over medium-high heat until warm, stirring occasionally. Serve in coffee mugs.