

Peppermint Hot Cocoa

THM-Friendly: S

Single serve.

Zing together:

- 8 oz. unsweetened almond or oat milk
- 1 Tbsp. half and half (or heavy cream)
- 1 Tbsp. cocoa powder
- 3-4 tsp. Gentle Sweet
- a pinch of mineral salt
- 1/4 tsp. peppermint extract or 2 drops of peppermint essential oil

Heat on the stove or in the microwave and...enJOY!

