GLOBAL · DRINK · DESSERT

Keto Hot Chocolate with Coconut Milk and Cream

10 min · Makes 2 × 1 large mug (400 ml) · 563 kcal a portion

Video 7:06 · Yummy Inspirations

Vegetarian · Gluten-free ingredients

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No added sugar and about 7 g net carbs a mug, with nearly all its energy from coconut milk and cream, so it fits a keto day. It is very rich: about 560 kcal and over 40 g of saturated fat a mug (twice a day's limit), so keep it as an occasional treat.

Diet notes: Keto (6.9 g net carbs a serve).

Ingredients

7 · MAKES 2 × 1 LARGE MUG (400 ML)

- [ ] 1 tbsp **cacao or cocoa powder**
- [ ] 1 tbsp **granulated stevia** (or other low-carb sweetener)
- [ ] 2 tbsp **recently boiled water**
- [ ] 1 × 270 ml tin **coconut milk** (about 240 ml)
- [ ] 350 ml **unsweetened almond milk**
- [ ] 120 ml thick (double) cream
- [ ] a little **cream**, whipped, to top (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. In a small saucepan, stir 1 tbsp cacao and 1 tbsp sweetener with 2 tbsp just-boiled water into a smooth paste, so the cocoa dissolves without lumps. 0:57
2. Add the tin of coconut milk, 350 ml almond milk and 120 ml cream, and stir well. 2:17
3. Heat over low to medium heat, stirring almost all the time, until it is hot and just starting to bubble below the surface. Do not let it boil. 5:14
4. Pour into two mugs, leaving a little room, and top with a spoonful of freshly whipped cream if you like. 6:11

> **Tip** Use 1–2 tbsp each of cacao and sweetener to taste. Any unsweetened milk works instead of almond milk. Whip a little extra cream for the top, or skip it.

The method is a summary in our words — the video shows every step.

One portion, 1 large mug (400 ml), gives you

1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
563 kcal	5.9 g	8.5 g	1.6 g	59 g	180 mg
2,360 kJ	12% of a day	6.9 g net · 2.3 g sugars	6% of a day	44 g saturated	8% of a day
		3% of a day		76% of a day	

Energy from net carbs 5% · protein 4% · fat 91% — fits keto: 6.9 g net carbs, 91% of the energy from fat

High in (20%+ of a day) Vitamin E 42% · Vitamin A 35% · Calcium 33% · Iron 30% · Selenium 20%

Source of (10–19%) Magnesium 19% · Omega-3 17% · Zinc 12% · Vitamin D 12% · Potassium 11%

Recipe and video: Yummy Inspirations (@YummyInspirations) on YouTube — youtube.com/watch?v=MqgatWmnsvM, published 22 October 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-coconut-cream-hot-chocolate