



Orange Hot Chocolate

https://youtu.be/HXz--mnoq_k

All of the rich, thick awesomeness of decent hot chocolate... but far fewer calories!

Ingredients :

500ml low fat milk

Zest of two oranges

2 tsp corn flour

1 ½ Tbs cocoa

Pinch of salt

Juice of half orange

30g chocolate (70% cocoa)

2.5 Tbs Selati sugar (or equivalent Selati sweetener)

Methods :

Heat the milk with the zest. Dissolve the corn flour and cocoa in two tablespoons of water. Stir into the milk along with the salt. Bring to a boil while stirring. Boil for three minutes.

Once it's thickened, add the orange juice. Take off the heat and add the chocolate together with the Selati sweetener or sugar. Stir until it dissolves. Pour through a sieve or colander to remove orange rind. Blitz with a stick blender until frothy. Pour into mugs or cups and top with a teaspoon of whipped cream, a grating of chocolate and a few strips or orange zest. (This is quite rich, so I recommend this be served in smaller espresso-size cups.)