



Frozen Hot Chocolate

Serves 2

Ingredients :

- 1 ½ cups fat free milk
- 100g dark chocolate, melted
- 2 tsp unsweetened hot chocolate powder
- 1 ½ Tbs Selati sugar or Selati Sweetener
- 3 cups ice
- Chocolate shavings, to decorate

Methods :

1. Heat ½ cup of milk and pour over the chocolate. Stir until melted.
2. Add the cocoa and sugar and mix until mixed well.
3. In a blender, blend the remaining milk, chocolate mixture and ice until smooth and thick.
4. Pour into glasses and decorate with chocolate shavings.