Cheyenne River Cooking for Health

Chocolate Magic Mix

Ingredients

- 8 cups nonfat dry milk powder
- 1 cup cocoa
- 1¹/₂ cups sugar
- Dash of salt

Directions

1. Combine ingredients. Mix well. Pour into jar or can with tight-fitting lid.

Serving Size 1/4 cup (34.11g) Servings Per Container 40)
Amount Per Serving	
Calories 130	
	% Daily Value
Total Fat Og	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 20g	
Protein 9g	18%



Hot Cocoa

Ingredients

- 1/4 cup Chocolate Magic Mix
- 1 cup hot water

Directions

1. Stir well and enjoy!

Nutrition Facts

Amount Per Serving	
Calories 130	
	% Daily Value
Total Fat Og	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 200mg	8%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
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